

1917. *Wait in last issue*
no T.p.
Vol. 16

January, 1917

No. 1

777084

MAZDAZNAH

Master-Teacher



More Light

Issued monthly by the

Mazdaznan Press

LOS ANGELES-CALIFORNIA-U.S.A.

\$1 A YEAR

BY COPY, 10¢.

Read the Series of Lessons in Diagnosis
and Healing Beginning in this Issue

MAZDAZ NAN

¶ St. Augustine, one of the most renowned and authoritative of church fathers, says: "What is now called the Christian religion has existed among the *ancients* and was *never absent* from the beginning of the human race *until Christ* came in the flesh. From that time on, the *true religion which had already existed* began to be called *Christianity*."

M a z d a z n a n

PUBLISHED MONTHLY BY THE MAZDAZNAN PRESS
923 W. 37th St., Los Angeles, Cal.
Send all Correspondence to P. O. Box 1854

DIRECTORS

WM. K. SANDBERG, Chairman
K. GRAICHEN, Treasurer

J. CLAUSEN, Auditor
H. W. RILEY, Secretary

The contents of this publication are written by the Rev. Dr. Otoman Zar-Adusht Hanish, except signed contributions

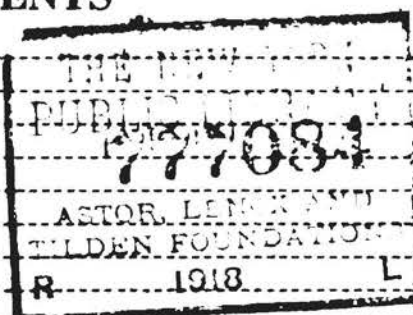
Copyrighted 1917 by Mazdaznan Press

Entered as Second Class Matter January 14, 1916, at the Post Office at Los Angeles, California, under the Act of March 3, 1879

Annual Subscription, \$1.00 . . . 10 Cents per Copy
Vol. XVI JANUARY, 1917 No. 1

CONTENTS

FEDERATION OF ALL NATIONS	2
LESSONS IN DIAGNOSIS AND HEALING	3
EUGENICS	16
SERMONETTES	17
AHURA MAZDA	18
AS TIMES CHANGE	19
WHO STARTED IT	20
OVERCOMING TROUBLES	21
THE POWER OF THOT	22
GOD MADE MANIFEST	24
SCRAPS	28
UNCOOKED FOODS	29
TO WOMEN CITIZENS	30
HINTS OF THE SEASON	32
HOME TALK	34
SCIENTIFICALLY PREPARED BREAD	36
FIRESIDE CHATS	37
BREATH AND BREATHING	38
MAZDAZNAN NOW THE PASSWORD	39
AMONGST OURSELVES	40



Federation of All Nations

Rays of light descend!
Lavishly now spend
Thy diviner inspirations.
May I comprehend
And in that ascend
Into realms of aspirations.

May I circumspect
Till I stand erect
'Mid a sea of revelations,
And thus introspect
Realms of God's elect
Beyond spheres of constellations.

Pour out showers of love!
From thy courts above
Generate rejuvenation.
Give more than enough
Of that plastic stuff
That effects regeneration.

With my life renewed,
Soul with light imbued,
I shall pass earth's distillation,
And enjoy the good
Of a better brood
For divine amalgamation.

Ah, my heart ascend,
Now, my God, descend.
Weld all links of man's relations.
Alpha and the end
Make me comprehend
Federation of All Nations.

—*Master.*

Lessons in Diagnosis and Healing

COMPILED BY DR. ST. WILLARD RILEY

According to Mazdaznan Principles in the Art of Healing,
as Taught by Dr. Otoman Zar-Adusht Hanish

(This Series of Articles is Covered by Copyright and Republication is Forbidden)

LESSON ONE

IN order to secure the best results from a course of this nature, taking up and dealing with matters of the greatest importance to us, two things are necessary on the part of the student—good eyesight and a good mental estimate as to measurement. We must be able to take in everything at a glance—the measurements of the face, the head, the symmetry of the body and the general situation—without asking a single question or showing any curiosity. We must be able to see and understand without appearing to notice. All the different parts of the body have their relative proportions to each other, and one must be able to take them all in at a glance. This becomes an easy matter when the senses are quickened and the wits sharpened.

In this system humanity is divided into three principal classes, with twelve variations of type. These classes are called bases and are determined by the shape of the developed brain and the formation of the skull in accordance with the dominant portion of the brain.

The primary classification is called the base, and this is the governing factor in the individual's growth, development and conduct thru life.

The three bases are called the Physical, the Spiritual and the Intellectual. Each person is based according to one leading principle and the other tendencies are noted as inclinations or modifications of the basic principle. If a person is *Physically* based, he must have the two other tendencies as inclinations or modifications (the Spiritual and the Intellectual). If he is *Spiritually*

based, he must have the physical and intellectual inclinations, and if he is *Intellectually* based, he will have the physical and spiritual inclinations.

These are the triune principles of man, and to the extent deficient in the index of mentality at birth it is possible for him to develop the lacking qualities, provided the law by which they may be developed is known. It is possible to find persons who have the base only, while their inclinations are below normal.

Many animals are good examples of the Spiritual base without any inclination. They are Spiritual, as the horse, for instance, and even dreamy and visionary, as the dog and the cat, but they lack the power of moral reason, as well as the practical side of application. The cow is one of the few animals that are Physically based. Altho she has a large forehead, it might seem she was Intellectual, but her eyes are set low, as is also the brain. She is one of the dumbest of the domestic animals. She makes a showing of deep grief when her calf is taken from her, but soon forgets her offspring. The Spiritually based horse, cat and dog act much differently when their offspring is lost, some even dying from grief, while others seek for the missing for days and days, and refuse to be consoled. In human beings we often find a strong base accompanied by poorly developed inclinations, or there may be a development of one and not of the other inclination. A person may be Physically based and have the Spiritual but not the Intellectual inclination developed. Such a person is extremely dangerous to deal with, for he lacks the power of reason, and in consequence thereof there is no balance or judgment. He is able to dream and imagine and see visions, and thinks himself entitled to all the good things of the earth, but is unscrupulous and has no idea of right conduct, judgment or justice. He is perfectly willing to spend the substance of others and never thinks of returning anything. He is always ready to

blame the other fellow, but never thinks of himself as having any faults.

Such a state of affairs shows how necessary it is to have a balance between the physical and the spiritual by means of the development of the intellectual. But the intellectual alone will not suffice, for a person may be *Intellectually* based and have a *strong spiritual* inclination, and in that case there will also be no end of trouble, for such an individual will plan and plan and reason everything out just so, but having no power to execute on the physical plane can put none of his schemes into effect, and in consequence thereof all his work is useless and vain as far as he is concerned. He is the person who floods the market with all sorts of literature on science, money-making, religion and all the rest of it, but his stuff is useless and hopeless, because it lacks the practical side and can never be applied to advantage. Such a one utterly lacks the power of application.

Then, too, the Intellectually based may have the physical inclination developed and lack the spiritual inclination utterly, and in such case there can be no comprehension of things spiritual. Such a person will hoot at the idea of anything that pertains to the unseen side, and believes that only such things and forces are real that can be seen, touched and handled. He is as unbalanced as the person who has only the two propensities developed in another direction.

In estimating an individual's development, the first thing to be done is to decide the base and then estimate how much development of the inclinations is present to modify that base. In the well-balanced person it is often difficult to decide which is the base, but there is always some clue if we are observant. There will be something that will and must indicate the basic principle upon which the individual is built, and it will show itself in an unmistakable way.

In beginning these studies of the basic principles, we shall first select the pure types of each base and not undertake to solve the more complicated creations until we are well grounded and can tell the fundamental bases at once. To do this we must mingle with people of different types and different nationalities—different classes—and acquaint ourselves with the pure types in-asfar as we find them.

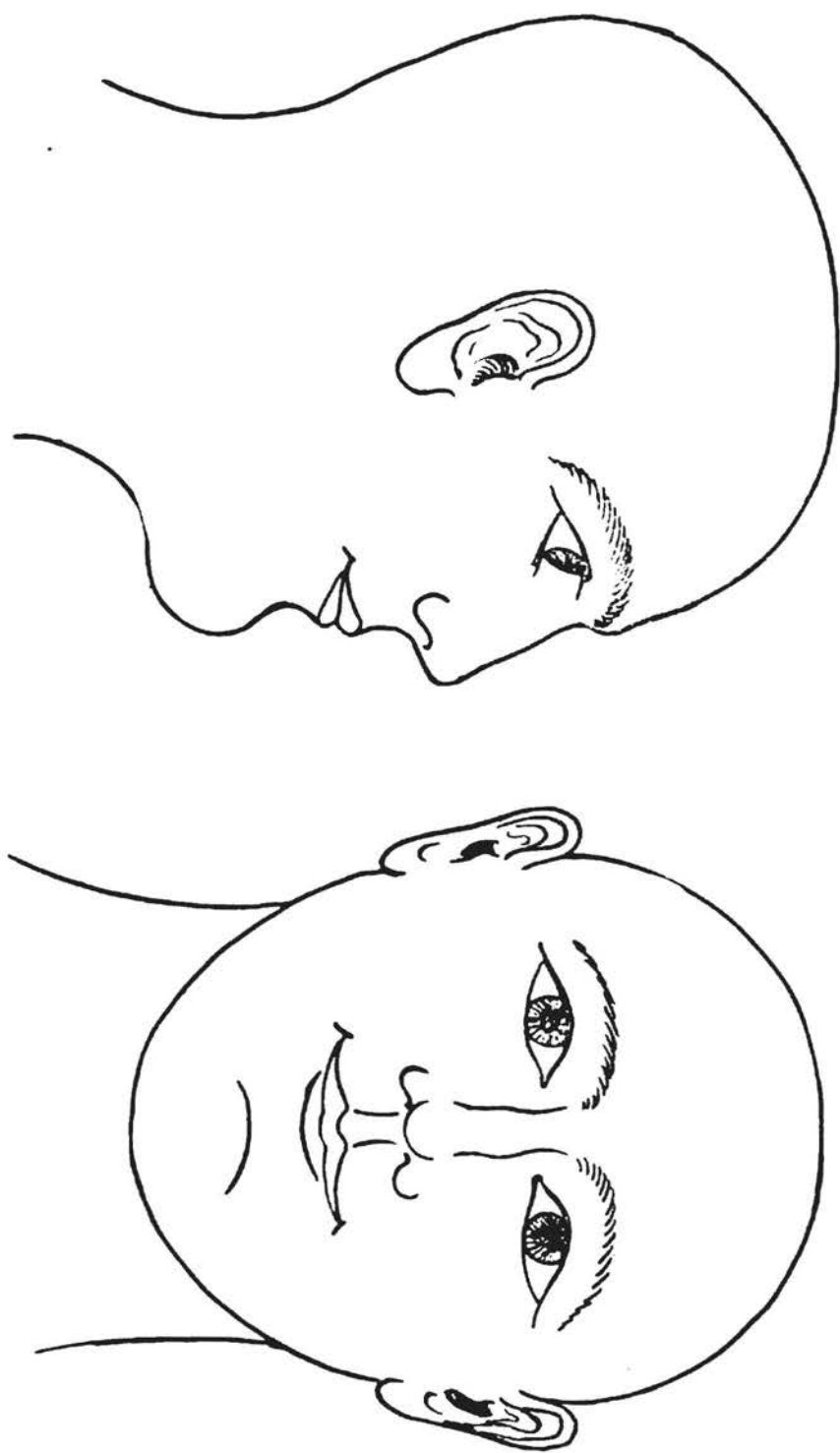
THE PHYSICAL BASE

The Physically based person having none or only a part of his mental and spiritual nature awakened, lacks the powers of intuition and reason. He is the round-faced person, with the brain full and broad at the base, causing the lower backhead to be full; also the temples at the sides of the eyes and the parts just above the ears, giving him the great vitality of the Physical base and a great deal of caution. He usually has a small, deep-set eye, and a strong and rather unpliant body. The ligaments of his body are very strong and to that extent are unpliant. The organs held in place by these ligaments remain in position much better than those of the Intellectually based, who has a very pliant body and very flexible ligaments.

The Physically based person can eat anything and everything—nothing hurts him. His stronghold is the liver. The strength of his liver lies not in the intelligence thereof, but in its cellular strength, and for that reason it is often abused. When the liver suffers abuse to the extent that disorder shows itself, the trouble does not appear in the liver first, but appears as reflexes and affections in other organs that have been drawn into sympathy, and we judge by symptoms.

Now, because of the symptoms and the affections, the ordinary physician will treat the affected parts and try to bring about a cure by giving remedies for the kidneys, the heart, the bladder and all the other organs

THE PHYSICAL BASE



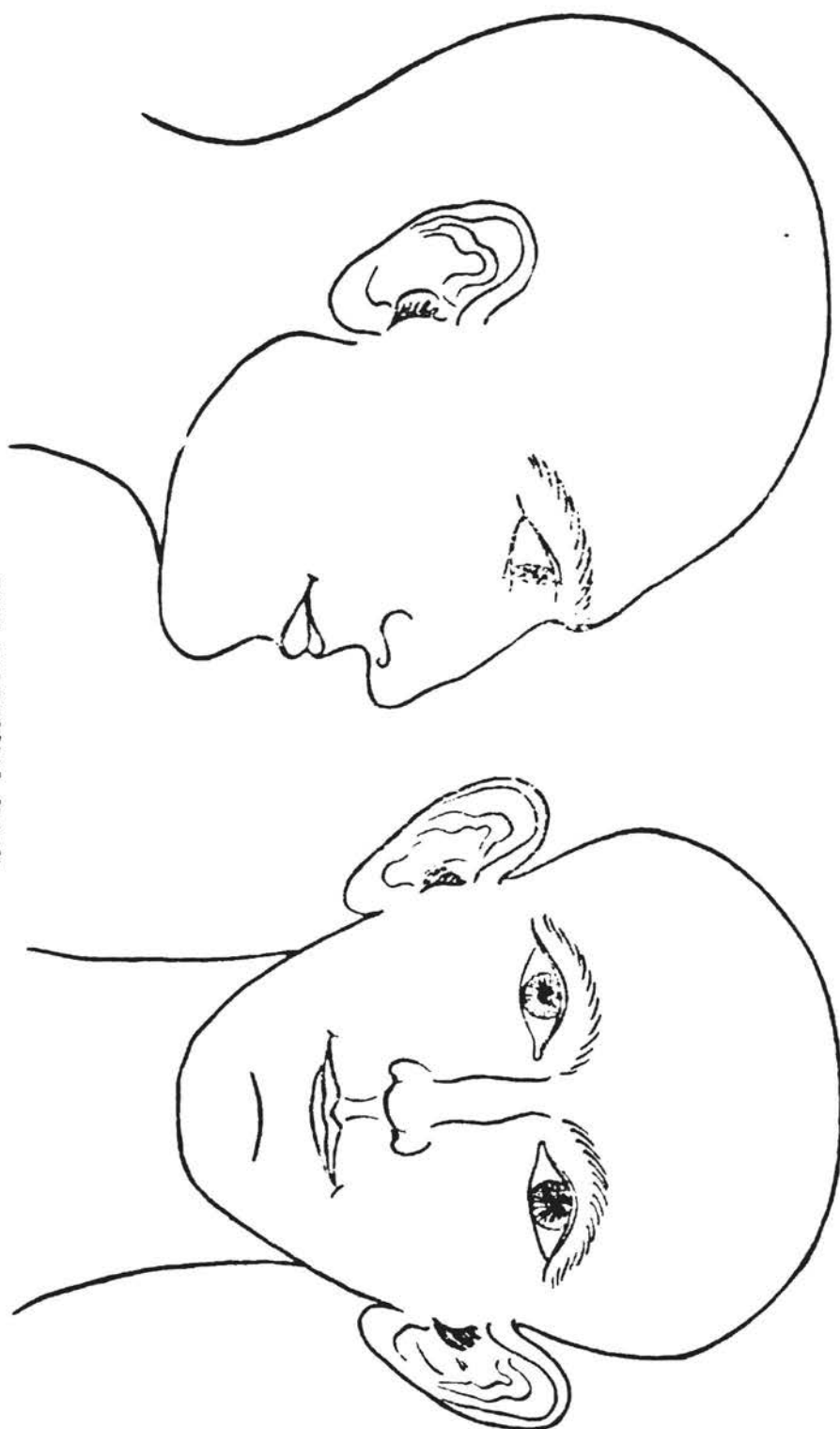
that are in truth not diseased, but only drawn into sympathy. The liver not making any trouble, or causing pain as yet, the cause remains in obscurity and no cure can be effected. Relief can be given, but the person is not cured until he goes to the root of the evil—the abuse of the liver—and changes his mode of living; that is, until he changes his mode of eating and applies such tactics as will restore the liver to its normal action.

It often happens that the lungs will be drawn into sympathy in such a way that it will appear that the person has consumption, but such is not the case, and treatment applied to the lungs can effect no cure when the liver is the real cause of the trouble. Only the Intellectually based can have consumption of the lungs, but here, too, the mistake is made when trouble appears, and the organs drawn into sympathy are treated instead of working on the cause of the trouble—the lungs.

THE SPIRITUALLY BASED

The Spiritually based lives in the air and does his dreaming without reason or application. He is the one who always exclaims, "O, how beautiful!"—no matter what it is or how inadequate. It is of no consequence to him how it appears on the outside. He feels just as comfortable with his tie fastened in the back as in front, where it should be fastened. It matters not to him if the toes of his shoes are out or in. He is as happy in the greasiest and most ragged clothes as in the finest ones. He cares not about his appearance and is not neat or tidy. He is a person who lives and moves according to the impulse of the moment. He is immoral and has no way of judging acts according to reason or justice. He is strongly sexed and indulges all his appetites without any self-control. He is the gourmand—the self-indulging one who knows no bounds, no limits, to his powers or to his appetites and indulgences. Being strongly sexed causes him to fall a victim to over-indulgence and this abuse of his strongest organs brings

THE SPIRITUAL BASE



about disease. He cannot have consumption of the lungs, but he may have consumption of the membranes. Here, too, the cause of the trouble is not discovered until great harm has been done and all sorts of incurable diseases have set in.

All the other organs having been drawn into sympathy, the ordinary physician will treat for this and that affliction and not go to the cause, which is the diseased condition of the generative organs.

The Spiritually based patient is the hardest case to handle, as he has no will power, no stamina—nothing to build on. He cannot and will not control himself and reasoning will avail nothing, because he is not able to understand the laws of reason. He cannot be appealed to from that standpoint. You cannot do anything with him from the standpoint of right or wrong, because he knows nothing about the moral qualities. He is not conscientious and for that reason cannot put himself under check. He is full of vim and fire and wants to be cured in a moment by some invisible force. He has his own notions about a cure and can only be appealed to from the standpoint of the spiritual side. He is the person who exaggerates and tells things that seem beyond reason. His body is of the rounded, graceful type. All the lines of his form are beautiful curves, and his gestures, too, are of that nature rather than the angular. His hands are of the long, narrow type, with long, shapely palms and long, pointed fingers—the expression of the cone, the beautiful curve. His face is generally high about the nasal region; the forehead slopes back and the tophead is very high. The face generally forms a half-circle when viewed from the side. The chin is not heavy, as with the Physically based. His body is not flexible, as is the body of the Intellectually based. It is partly flexible and partly not.

It is difficult to find a pure type of the Spiritually based with no inclination developed.

The Spiritually based person is usually very affectionate, and not particular as to the one on whom the affection is bestowed. He is always ready to kiss, no matter whom he kisses. Such is not the case with the Intellectually based, who can and will kiss only certain ones. The Spiritually based is a great lover and greatly loved, because of his freedom of attitude and action. He is generous, too, to a fault. He is also of the emotional type—always ready to give and to receive love. He is the one, too, who can be cured by means of metaphysical treatment, but hard to get at by and thru material means, because he cannot control himself well enough to take stringent measures about food and habits.

THE INTELLECTUALLY BASED

The Intellectually based can be readily noted by his large, straight, full forehead (a square can be formed on the forehead above the eyes—straight up—no slope backward as in the Physically or Spiritually based). The head is usually of a square appearance; the side of the head at the temples is not full as with the Physically based, and the lower back-head also lacks the fullness that the Physically based shows. The eyes are generally large and full. The tophead may be flat and square rather than high, as it naturally will be with the Spiritually based. The Intellectually based has a full upper chest, while the Physically based has a full lower chest, and the Spiritually based has a large waist line.

We may think of the Intellectually based as having a square head, the Spiritually based as having a long head with a very high top, and the Physically based as having a flat, round head, with the lower part of the face and the lower jaw very heavy and full.

There are the three correspondences in the face as in the head, and then the three correspondences in the body as in the head, namely: The upper part of the face or forehead corresponds to the Intellectual, the

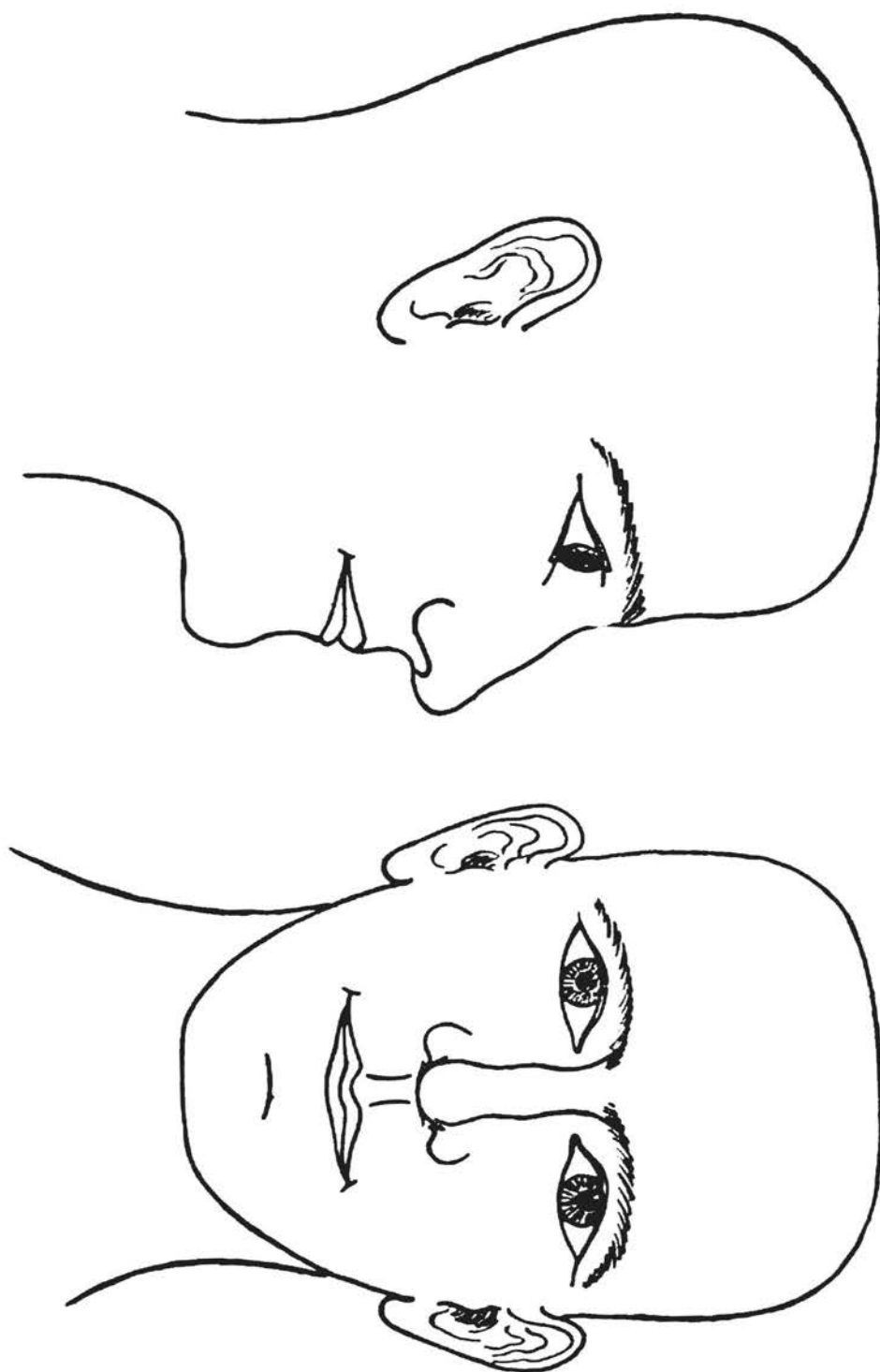
middle or nasal region to the Spiritual and the lower part to the Physical. In the chest the correspondences are the lungs, the upper chest—the Intellectual; the liver and lower chest—the Physical; the waistline and the generatives, with their closely related organs, correspond to the Spiritual.

The stronghold of the Intellectually based is in the lungs. They have a larger lung capacity than those of any other base, and, as a rule, a well-formed body.

About three-fourths of all the people who are said to have consumption of the lungs are not thus afflicted, for only the Intellectually based can have consumption of the lungs, because the lungs are the stronghold of this particular base, and for this reason subject to abuse that follows. Having a very large breathing capacity, so that enough breathing may be done to supply the brain and also sustain the physical body, the Intellectually based usually engage in mental pursuits only, and in that way do not breathe enough. Their occupations keep them physically inactive and for that reason they do not do enough breathing. They breathe just enough to keep up the circulation to the frontal brain region, and in that way the lungs are abused because they are not used enough. The back lobes especially fall into disuse, the blood becomes impure, and the lungs finally become so inactive that they fall into the clutches of disease. The trouble does not show itself in the lungs, but in the other organs that are drawn into sympathy. It will appear that the liver and other parts are in trouble, showing symptoms and pain. By the time it is finally discovered that the lungs are the cause of the trouble, it is generally too late to effect a cure in the ordinary way.

The only cure is to go to the seat of the trouble—the lungs—and institute a mode of breathing that will relieve the system of the accumulations and the poisons that have collected and not been thrown off. By the

THE INTELLECTUAL BASE



inactivity of the upper back lobes, the carbonaceous substances have been retained and the system has thus become poisoned; the cords that hold the organs in place have become lax and organs have become misplaced. The heart has become lowered, and for this reason none of the misplaced organs can do their work when lowered, and all those organs in that lowered state will appear afflicted, when in truth if the cause—the lungs—were corrected the other troubles would soon adjust themselves.

The old Egyptians were mostly Spiritually based and intellectually inclined, while the Arabs were Physically based and intellectually inclined. For this reason we have from the former the ideas of mental healing, and from the latter all the "pathies" such as osteopathy, allopathy, homeopathy, etc. The Hindus were intellectually based and spiritually inclined, having no power of application except that of metaphysics, lacking physics.

Look at faces on the street cars and in public places and study them. It is better to make mistakes than to take the opinions of others. Trust to yourself. In changing your ideas you will eventually be sure of the right base. Inquisitiveness will not help you, as it makes you doubt your own sense. In your studies, remember the following points:

Intellectually based persons have fair-sized noses.

Spiritually based persons have small noses.

Physically based persons have full, broad noses.

Intellectually based persons have thin chins.

Physically based persons have broad chins.

Spiritually based persons have protruding chins.

Physically based persons do not like kissing. The Intellectual think it is awful, while the Spiritual hold up their hands in horror at the sight and yet will indulge in it at the same time.

The chin, nose and mouth are only minor in the study of the bases. Look first at the basic principle.

When we begin to understand these basic principles of the human being, we shall be able to see and understand many things and attitudes that are incomprehensible to us at present. We can so analyze and understand ourselves that we shall learn wherein we are lacking and be able to take proper measures to correct the deficiencies.

We should know and understand this body perfectly, and when once we understand it and the laws that govern it, we shall no longer abuse it, but use the laws that control it to the very best advantage. When we know how we are based, we shall be able to attend to our wants and needs intelligently and no longer suffer as we do when we do not know ourselves.

The inclinations may be so well developed and the balance so good that it is exceedingly difficult to tell the base of a person. This even balance gives much force and a varied range of activities. It makes one independent and strong to overcome all hereditary influences, even those of the stars under which they are born, and yet there is always some clue that tells us how we are based. Nature cannot lie.

(To be Continued)

If we have failed on Christmas Day to receive our blessings unto a life of salvation, we should declare ourselves unto the world and determine: "I shall make all things new."

EUGENICS

From Lecture by Dr. Otoman Zar-Adusht Hanish

(Concluded From December Issue)

IN all troubles, whether generative or otherwise, use the simple treatment of Oil of Eucalyptus for twenty-one days. If you do this, it will save you much unnecessary trouble. For that sick stomach in the morning, that awful feeling, that tense, drawing sensation in the back of the neck, and the many other troubles (all of which are due to the fact that the generatives are impaired), you are to adjust matters by using Oil of Eucalyptus. Nature expects you to revive your system from time to time just as she does all vegetation by a shower of rain. The methods just prescribed will prove very effective.

With the understanding that you have of dynamics thru breathing, the selection of food, the simple way of living, using the means that appertain to the reclaiming of the human body, the process of regeneration comes of its own accord, without any further forcing. It comes suddenly—often in the twinkling of an eye, and you are a reborn being—or, rather, a *euconceived* being. You are *euconceived* by virtue of a *euconceptive* process. You have suddenly changed your mind, so to speak. That means that all of a sudden you look at things entirely different, and you are now using entirely different measures than you used before. Life comes that much easier. You are now passing thru what is called a gestative period, and, of course, during a gestative period, you want to make use of the power of your thot, of your mind. You are not to shirk, or shrink, or ask questions, for the moment you begin to ask questions and wonder if you are on the right path, or wonder if you are doing this thing or that thing right, all of these underestimations drag you into a negative condition, and you will fail to come into a state of realization. You are to conduct your gestative process exactly as a real, true, scientific mother would conduct herself while there is gestation going on within her with the object of bringing forth a child.

Now, with these few simple means that we have enumerated, we are satisfied that in meeting again in the near future, we will all be happier, more joyful, and will have so advanced that other topics will grow upon our minds and we will become interested in them. The interest will be aroused naturally thru the vivid illustration of examples for solving the most important problems in human life by using the right remedies for the prevention of disease. We will then become inspired, as it were, and it will dawn upon us, if it has not already done so to some extent, that after all there is no occultism or mysticism in life, and that there is no such thing as being incapable of accomplishing or doing the thing desired.

SERMONETTES

A HAPPY NEW YEAR comes but once a year, but happiness marks every day of the year. "The old has passed away, I shall make all things new. Clothed in the garment of a New Year, there is good reason for so many happy, smiling faces.

An old president in a neu-tral country and a new king in an old country ought to furnish plenty of material for the weaving of a garment of controversy.

I may not be able to do much for my neighbor, but I surely ought to do a great deal for myself.

Folding our hands serenely and waiting proved fatal in the past—then let us clench our fists, and our strength to present needs impart.

These many ideas and these many opinions in the world show that the mind of man is fertile, even tho producing only weeds.

Jesus, in looking at a fig tree, saw "only leaves." Perhaps, had he looked a little later he might not have found even that much.

Some people are barren all the days of their life, and might have served a better purpose if they had never been born. So say the Scriptures.

Less thinking and less speaking may, perhaps, give us more time for doing.

There is a time for everything—still everything does not come on time.

Caiphas, the high priest, held that a devil was not such by choice, but made so by circumstances, and he surely knew whereof he spoke.

And still we hear them singing, those angelic hosts of Biblical lore: "Glory to God in the Highest, Peace on Earth, Good Will to Men." But who will believe in this message sufficiently to materialize its blessings?

Nevertheless better days are coming, for while many grow wicked, many more grow better and wiser.

Ahura Mazda

No "cry for help" from out my lips shall pierce the depths of Thy divine stillness.

"How long, O Lord," my soul may whisper, in the trials that beset the world.

Yet, well I know, all tribulation, sorrow, ills, are but the means of grace, that bless and hold thy saints, unto the end.

No "dread of want" shall stir me from the Path of Perseverance. Alone I stand, yet alone!

From, as it were, the mountain-top, I view the struggle in the valley, far below,

Spectator of the gladiatorial combat of the body's fray;

In spirit fully armed, with sword unsheathed, and Thee,

I dare affirm the Might of Right,

Fearless and undismayed, for by my side ever breathes my friend,

The Savior of the World, my "Prince of Peace,"

Who knows the weary, bitter way of High Endeavor, and humbly 'step by step, walks, e'en with me, the thorn-grown path,

Saying, "Hail to thee!"

Ah, "Cup of Life," if dregs, instead of Ruby-Wine, Thou offerest me,

Still shall I drink, my lips aflame, with ardent hope;

Then either dash Thy pieces, in the mould and fire-of-purity,

Or nurture close Thy golden chalice to my breast, against my beating heart, in true Communion;

Knowing, that oft what tastes like poison is but the "nectar of the gods" to All at One,

And that the Way of Seeming Poverty is the Glory-Path of Everlasting Ecstasy!

A Walk of Shadows, protecting from the glare of undeveloped eyes,

All flower-strewn, to Him who knows that Mazda shields and guides:

Eternal Conqueror of Heaven and Earth, Supreme Infinity, human and divine!

Thus, in the sunlight of Thine all-embracing Thot, Sustained, enriched, immortal, I await Thy will, And laud, in deeds of daily everlasting peace and love, Thy holy name.

Because of Thee, *I am myself* — victorious! —
Guromano.

As Times Change

IN looking backward and making comparisons of "once and now," we shall be pleasantly surprised how the change, tho gradual, has become quite pronounced. This is true not only in the life of the individual but with everything marked by the spirit of the times or advancement. If Voltaire and Darwin, Swedenborg or Ingersoll could see us now they would find themselves far behind the times, and with renewed zeal would be impelled to sway their two-edged sword of Truth to help keep down the weeds of the ranker growths of ignorance.

Æsculapius of old would no longer wrinkle his forehead, neither would Hahnemann contract his eyebrows. Both, tho of different schools, would agree that man is quite rapidly saving himself from the entanglements of the network of superstition drawn about him for generations, whether it be the threads of ignorance on religious and scientific lines or the witchcraft of political machinations or the charms of sociologic appetites. True, the sacrifice brought for each and every point in favor of liberty is a tremendous, yea, a stupendous one, and often paralyzes the mind to a point of despair, ask-

ing itself the question whether it is worth the while. Still, the better self adjusts itself when we realize that not only the present but all our future is at stake, and with every step made toward the goal we enjoy its possibilities.

Who Started It?

SUCH is a question among minds which seem to have a guilty conscience. All troubles certainly have their beginnings in individuals of unscrupulous tendencies, bent toward destruction. With the progress of time schemes turn into conspiracies and ere the world knows it disaster falls upon all. The present European situation is the result of many schemes to wrest power from one and give it to another. It is a case of the survival of the fittest either in virtue or crime. It would seem as if the latter were at an advantage, still in the event of time the former will be the victor. The only lamentable part of it all is that the criminal class at once comes over to the winning side to blow its trumpets of praise the loudest. This reminds one of what Napoleon said to his minister who called attention to the enthusiasm of the mob greeting the emperor in an unbroken storm of voices. "Bah," said Bonaparte, "they would howl as loudly were I on the way to the guillotine." But it is not the mob alone that sides thoughtlessly with one and then another. The wise of the world are by no means an exception. One and all are ready to pick bones wherever there is anything worth while.

The negative forces recognize no nationality, only individuals, whom they endeavor, even thru the sense of duty, to lead to destruction, so that in bloody sacrifice they may kill and be killed. Alas, the only "purifying fire" the world will presently accept.—*Guromano*.

Overcoming Troubles

THERE are troubles which come to us uninvited. Such troubles are induced by the unchained elements of Nature in the form of hurricanes, cloud-bursts, landslides, floods, avalanches, storms, typhoons, earthquakes, conflagrations and many other phenomena peculiar to a planet.

All of these impositions are inevitable and as thinking, reasonable beings we must and do devise ways and means of protecting ourselves and our accumulations from the destroying tendencies of such unchained elements. It is the duty of man to apply his ingenuity to the fullest possible extent, not only to protect himself from such dangers, but to utilize all of the powers and forces at command unto absolute preparedness. To this end man finds an unlimited field, and as he exercises his ingenuity in one and another direction, he discovers that thru self-protection means are placed at his command that are further-reaching than preparedness itself. He finds it possible to utilize the powers and forces in Nature to an advantage, assuring him means that lighten the white man's burdens.

Whatever the impositions may be in their elementary state, one and all tend toward progress and perfection, paving the way toward final emancipation. All of these conditions in Nature we may welcome and accept as means of Providence to sharpen our wits.

But when trials and sorrows come upon us thru the diabolical machinations of unchained minds, bringing down the barriers of ignorance to bar civilization, and introducing methods leading to sickness, sin, sorrow and pangs of poverty—yea, even strife and war—we must turn from these fiends of hades and treat them with silent contempt, lest we borrow trouble that knows no end. If we allow fiends in human brain and heart to enter society and family, our struggle will prove disas-

trous. The world at large pictures such a state in its daily movements. Let us ever remember the words of the Savior: "Woe unto him thru whom troubles arise."

From Nature or her elements we may receive trials with good grace, but sorrows brought upon us by the hands of fellow-men we must learn to refuse even with greater measures.

The Power of Thot

From Our Master's Lecture, February, 1910

THERE is nothing original nor of value unless it comes to us from the fathomless within. It is in the inner chambers of the earth that forces are at work performing all that is for the perpetuation, maintenance and furtherance of the earth. Likewise, in the inner chambers of the heart of man, the real being has its throne and all that comes not from that center can have no lasting value as far as the real progress of the individual is concerned. Do what we will, learn and study what we may, there is no real enlightenment except that which comes from within as an illumination. To create, to produce, to realize—these are the real states that are for the man who has come into his own.

It is not for us to accept that which another has created or worked out—that is for him and not for us. We must first find our own creative forces—and to them there is no end. It is the Eternal Thot within the being which alone has the power to quicken, strengthen, invigorate and give zest to the being. All else is but the borrowed light that leads nowhere and creates nothing. To be original, to be creative, to produce that which is of real value—that is the aim and end of the individual.

Of what value is it to me—the knowledge of the world which solves not my problems? Of what value to me the scientific researches that light not my path, the dictates of all the philosophies that give me no light as

to the life that moves and propels the form that is my Temple of Flesh? And tho we search thru all the millions of volumes that have been written, we shall find no help unto solving the great problem that is before us.

All the world has sought to find the great secrets of life in the things of the outer world, but found them not. All the world has sought to wrest from Mother Nature the secrets of her hidden operations, and yet the world has remained ignorant as to the vital questions of life. Long has been the search and deep the yearning, and yet no one has wrested from the outer phenomenon the inner workings of the principles of life, ever creative, operative, productive, yet evasive.

What can man do to save himself from the overwhelming waves of ignorance and the engulfing tides that flow over him, giving him neither the key unto life eternal, nor solving for him the great problems the solution of which is to satisfy the yearnings and desires arising in his bosom? The outer cannot yield to him the secret of the inner workings. If he would know the beginning of all things, if he would have real knowledge, if he would be wise, strong, great—and at the same time simple as a child—he must go to the source from whence all *life* and all *knowledge* flows. He must go to the spring within the well, the life within the life, the heart within the heart—the center of the very being wherein is enthroned the Living God of his own being. There he must listen with his inner ear and perceive with his inner senses. There is the door that opens unto all the hidden realms of wisdom and understanding. Be still, be tranquil, *and know that I am God.*

Thot is the beginning of all things, manifest and even unmanifest. It is by and thru the power of thot that man can come to his own. To think, to originate, to create, to produce, to become an associate of the Living God within, and begin where the planetary forces have left off, is our *purpose* and *destiny*. But to

do this we must become as *simple* as a *child*, yet *wise* as a *god*. We must become free from all that binds us to the outer plane, and yet we may use all that the outer plane can and does offer. Thot emanative, thot creative, thot expressive—thus we represent a single thot that is great, pure, strong, *eternal*.

Thus realizing his source, using his divine powers, expressing the will of the God within, man is to go forth to conquer all that is of the earth, earthy, and show forth the light that makes luminous every cell of his body, emanating that which is divinely sublime.

God Made Manifest

Synopsis of Talk Given by the Master, July 4, 1915, During
Exposition Gahanbar, San Francisco

Invocation: And it behooves us at this hour of vesper to remember all the dear ones, wherever they may be. In remembering, we impart unto them the blessings of peace, the peace which Jesus says surpasseth all understanding of man. By virtue of that peace wave touching the heart, the mind, the soul, the spirit and every particle of our being, we will continue to prosper in peace, peace, peace, attended by showers of love, the love of which John says: "God is love and whosoever abideth in that love abideth in God, and God in him. For God is love, and whosoever abideth in that love abideth in God and God in him." Jesus, in summing up the whole of His philosophy, said to His disciples: "A new commandment give I unto you, that ye *love* one another"—that ye love one another, that ye love *one another*. And surrounded by that thot and following that commandment, we shall continue to emanate the thot of love, until at last the very spheres are permeated by love—the love of God—touching every heart and mind, and calling forth the hidden powers and forces of the Infinite Intelligence, illuminating, brightening, lightening the individual ego, assisting it upon its pathway of life, realizing the treasures of Heaven here and now. Be it so. Amen.

WE have gathered here this afternoon, not only to gaze into one another's eyes, there to discover the soul, the spirit, the mind, the very ego that

constitutes the whole-soul being of man, but to consider all such questions and problems in which we as a people are interested.

These problems to be considered include any and all of the vexing ones which daily confront people of the highest intellect.

And as it is possible for us to recognize one another again by virtue of the imprints of time, of collectivity, by means of the innumerable lines that characterize objects of sense, by intelligence presented and represented due to laws, it proves that each and every one of us is conscious of that Infinite Intelligence which we choose to call God.

What a delight, what a pleasure, to know God! As John says: "This is life eternal—to know God." We know God—God as He is—seeing him all about us everywhere. His countenance, His innumerable attainments and achievements, are expressed and manifested in man. God is thus incarnated. He is not the God that is born of concept, reason or judgment, not the God of mystery, nor, yet again, the God of confessions, limited to altars, sacred places, temples and chapels, but the God ever present in our midst and within us, His operations and emanations permeating all the realms of space.

What a comfort, then, it is to our inner ego and reasoning senses when in search of the Origin, the First Cause, the Source, the Infinite—God—what a satisfaction it is to the inner man—to know that we are not forsaken. Jesus said: "I shall not leave ye orphans." We are not deserted, comfortless, void of consciousness and intelligence, but know Him present within our individual being.

What a satisfaction it is as we look down the aisles and pass from row to row and seat to seat, and then go out of doors and view the handiwork of God, the Infinite Father—to see everywhere God, and Him present. And

thus we verify the words of the blessed Savior when he said: "Ye are God and gods."

What a satisfaction and comfort it is to know that each of us represents all of creation because of the part we played in the evolutionary process from the elementary up! Possessing also the intelligence of the infinite realms focalized, we each and everyone are now the polarity of the Infinite God and Infinite Wisdom, ready to take up the work where the evolutionary processes left off—where creative energy became exhausted—and apply and use the gifts and talents of both spirit and matter. We are now to put on the finishing touches, as it were, unto perfection of the very earth itself by turning her deserts into a paradise, to bring into a state of perfection our own physical beings by correcting all errors of time and removing all untoward conditions that have come to us by virtue of the insufficient understanding on the part of our ancestors.

Thus we annul error, sin, degradation, sickness, sorrow, heartaches, tribulations and the pangs of poverty; we remove the spells of witchcraft and ignorance, and dispel all authority and authoritative institutions, recognizing no power greater than God and no religion higher than Truth. Jesus spoke correctly when he said: "Verily, verily I say unto you, even with these eyes of flesh I shall see God." We are to see God, and see Him everywhere.

No longer do our hearts go out toward the "courts above;" no longer do we vaguely and mysteriously hope to live, find and meet Him. We know Him. We are conscious of Him within and about us. What an ennobling and inspiring thot that is! How quieting it is to the nervous system, how pacifying to the searching mind to have the assurance that the very Source or Origin lives and moves in the midst of things, and that with all His wisdom, understanding and knowledge He should have selected the human heart in which to dwell

and from whence to reveal Himself thru talents to be used in our daily walks of life.

We can safely say "my God." No longer need we question: "Where is God and what is God?" No longer need we argue: "Is there or is there not a God?" In us that question finds an answer. God, to be such, is my God, mine, all mine. His intelligence, if it is at all to exist, must be in me. His truth, if a reality, must also be within me. As Jesus said, "I and the Father are at one."

Such an attitude solves the problems of life, however perplexing they may be. It is no longer strange, then, for us to be happy, to be glad, to rejoice, to entertain a state of felicity when our minds are no longer worried with unnecessary problems, when our hearts are at peace and all the fibers of our beings vibrate in unison one with another. It is then that we have power to use our talents and our gifts thruout the daily walks of life.

We are the happiest people on the face of the earth. As members of the Royal Household of Mazda, recognizing only One Infinite Intelligence in every object, we as individuals have but one object in life, viz: To freely give broadcast these ever-inspiring methods of living unto all our kind and kin, expecting nothing in return, laboring gladly and joyfully, imparting knowlege to earnest seekers to the extent of their desires and abilities to comprehend.

We do not seek adherents to our Royal Household by proselyting, but we do mean to introduce thruout all planes of life such methods as will tend toward the emancipation of every individual and insure the rights to which he is justly entitled. The earth is the Lord's and the fullness thereof, and in the Affirmation it is stated that we are the heirs and joint heirs of God, and consequently entitled to our share and portion of the treasures thereof. All that the Royal Household of Mazda

desires is that every member of the twelve tribes of the Aryan white race be brot to realize his true purpose and object in life and take advantage of his uncountable talents.

Such, then, is the object and mission of the Royal Family of the Household of Mazda. May it continue to work and labor unceasingly and untiringly toward the emancipation of every individual. Peace, peace, peace.

Scraps

MAN can well be likened to the hub of a wheel, retained in his position by outside influences, the spokes. These centralize from the environment of the outside world, the rim. This again, is kept within bounds by the all-encircling power of universal laws, the tire. Take away the tire and the rim would soon wear itself out. If the rim is detached, the wheel becomes useless. Separate from the hub the spokes, which symbolize the centralization of outside influences, and it will fall to the ground. Such is man.

Imagine a man standing upon the fallen bodies of his fellows. He has attained glory by subduing them. It is true, he is the conspicuous figure of the group. His aim has been reached.

Now imagine the beloved and honored leader being borne in triumph upon the shoulders of his admirers. He has won his prominence by lifting them with himself. Instead of trampling them down, he has aided them. He towers higher than his rival for power. He is a true leader, revered but not feared. — *Charles von Bibra.*

Poppy seeds in cereals, bread or muffins are now in season. In small quantities and as an occasional dish they will prove very desirable, especially in nerve troubles.

Uncooked Foods

EVERY now and then we hear scientific authorities raise their voices against uncooked foods, attaching some malady to foods prepared in a manner not conducive to digestion. But it is not so much the uncooked as the insufficiently or improperly fired foods one may object to, and that justly. Whether the dish be of cereals or of vegetables, of nuts or of fruits, when fired it is necessary to determine the process or method, combination and selection in the preparation of dishes.

It may not be necessary to know with exactness all the technical terms employed by chemists, nor to be conversant with all the food values as arranged by a food scientist, but we must be sensible enough to determine selection and the wholesome way of preparing and firing foods.

All greens should be eaten raw, in the form of salads, made more palatable by adding dressings to suit the season as well as the taste. Some greens can be used to flavor vegetable stews, bouillons, consommés or soups and sauces.

All tuber or mealy vegetables should be baked and served with gravies.

Certain vegetables make good stews, which may be prepared over a fire or in the oven. In either case one should observe the rule never to add water. Select vegetables containing enough liquids to allow steaming. Always place oil in the dish before putting in your vegetables. Aromatication of stews or soups with bay leaves, etc., should be done about two minutes before removing dish from fire, while seasoning with paprika, etc., should be done just before serving.

Dried fruits should be carefully washed and then soaked in cider until they have come up to their original size and then slowly stewed in the juice absorbed. Always use spices sparingly to bring out the flavor.

Cereals alone permit the use of water. Not more water should be used than required to have the dish well-done. Rice or barley when boiled should thereafter be chilled in a sieve, with cold water running thru, until every kernel stands up like a bead. Rice and barley boiled and treated in that manner may be used in soups or stews to give body to them.

Whenever a dish is to be cooked—steamed, stewed or baked—it is necessary that it be well-done. Whether we are quick-steaming or quick-frying, we should see to it that scorching never occurs, as the least burning destroys the flavor.

Nothing is more distasteful than half-done dishes. We are to use our foods either *fresh* and *raw* or *well done*. Never prepare more than is necessary for the day or a meal. It is better to have too little than too much. If we run short, we can make up for it by resorting to a crust or a pilot biscuit.

To Women Citizens

THE rise of women from the status of toys and slaves of men to that of equal citizenship with them, has been very gradual and has left in its train not only the terminology and social forms that were current when wives were bought and sold, but ninety-five per cent of ideals relating to sex and marriage actually hark back to the polygamous conditions of primitive tribes when wives were in constant competition for favors from their "lord and master."

It is obvious that equal suffrage must be followed not only by a great change in our laws, especially those involving espionage and protectorate of men over women (always a signal failure), but the repeal of those laws will be accompanied by the withdrawal of espionage of adults over one another—a condition which must prevail

when human beings are no longer jealous or afraid of their kind—and then only will national peace, economic peace or domestic peace be possible.

It is merely a demonstration of race psychology to show how it happens that women take such special serious interest in the sex affairs of others, it being self-evident that under the present distorted conditions of human society, with its numberless theories and misinterpretations of every kind, it is as much as men or women can do to manage their own affairs of sex and marriage in a normal, wholesome, clean manner without attempting to interpret the inscrutable problems for others, frequently as delicate of adjustment and as mystifying as their own.

It is a mark of primitive-mindedness which harks back to the jealousies of tribe and harem which causes women to spend countless hours contemplating, interpreting, condemning and judging the sex affairs of *others*. QUIT IT! For it is of this material that ninety-five per cent of all gossip and disapproval is made.

To repeat: In the present jumble of misrepresentations that exist in human society, it is all that any man or woman can do to keep his or her own sex life and thots in a state that is pure, wholesome and natural, without attempting to interpret this delicate relationship for others, and it is therefore urgent that those who have acquired this pernicious, useless and unclean habit of thot should overcome it by strenuously diverting their minds to other topics. Read good books, seek the association of high-minded people with other things to think about. Break away from the habit of discussing anyone's sex delinquencies but your own, and while you will be different from the average, glory will await you, and you will thus be prepared for full citizenship in the democracy of human brotherhood.—*Parker H. Sercomb.*

HINTS OF THE SEASON

THERE is a draft, a cold breeze and a rather snappy wave at times; still, if we know how to be prepared, neither blizzards nor torrents shall have any effect upon us.

Fruits are becoming more scarce excepting oranges, which are coming in from the south. There are many varieties of grapes kept in cork, while cold storage apples are plentiful. True, selection is rather limited, but still we can get along nicely if we learn how to serve ingeniously what fruits there are.

Pomegranates are rather scarce, but avocados and mangoes are still plentiful. Both are great nerve-builders and tonics if used sparingly.

Artichokes are coming in. They are one of the best nerve-restorers the vegetable garden produces. French artichokes should be parboiled for 10 minutes and re-boiled for 25 to 35 more minutes, according to size, and in as much water as is necessary to steam them slowly, leaving just a few drops of water in the bottom of the pan, when done. A few drops of vinegar added to the water will improve the taste of the artichoke. One artichoke a day suffices to get good results. While they last, artichokes should be used daily.

Endive and chickory greens are especially good for bile, and people given to jaundice should have a little of both every day.

Celery is best when made crisp thru frost or icing. It is excellent for the kidneys and bladder. The tops are exceptionally medicinal.

German celery is particularly valuable as a tonic and should be used in salads or soups.

Parsley is still valuable and should be used in salads, soups and drinks.

Thoroly fermented cheese is permitted in small quantities, but care should be taken not to use it with eggs. The action creates pathogens in the blood of anæmics, or awakens zymes in the finely organized.

Raw eggs are best in vegetable broths and should be discarded from the menu when black Turkish coffee is to be served.

As we advance in years, we should cut down on eggs, as well as on milk. We may use cream, butter, and cheese in small quantities.

When it comes to bread, it is best to use doughs, or muffins, gems, and biscuits made without yeast or baking powder.

If we must have rising, it is best to use one part of bi-carbonate of soda to 2 parts of cream of tartar, with little sugar and still less salt. A little experimenting will reveal various tastes. Do not use milk, but ice-cold water, in mixing batter.

Dumplings are best when steamed in a rich tomato sauce.

Stews are better than soups, unless the latter are used as broths, and to these broths is added either rice or barley.

Baked potatoes are better than fried, unless the latter are cooked over a very slow fire and but little oil used.

Potatoes fried in butter are less digestible than those fried in oil.

Olive oil is better in soups and stews, but cottonseed oil will be found more serviceable in frying.

Cocoanut oil or butter is excellent in cooking and will prove a splendid skin food as well as scalp cleanser.

HOME TALK

THE month of November and part of December were spent in communion with the Saints of the Golden Gate Stronghold. With the exception of Tuesdays and Saturdays our time was claimed by audiences in the study of the various branches in Mazdaznan, "Selection" and "Application" being the topics. The audiences, without a single exception, proved highly cultured, making every gathering worth the time spent. November 19 furnished additional material for the festivities thru the solemnization of the marriage of George Griesedieck and Cleo Swiggy, both of Sacramento. Many of their friends came from afar to witness the ceremonies, among them being the households Ochs and Remstedt. Mother Elizabeth Ingraham, of London, England, was also present.

Mother Maria Elizabeth Ruth-Hilton officiated upon this great occasion, assisted by Cupids Samuel Hirschfeldt, Angelica Sandberg, Bodo Tahbel, and Valesca Tahbel. The Master conducted the ceremony, Mother Maria presenting the rings. The knot that was woven by the Cupids was not severed by the flame of the candle within the specified time, and the happy pair are assured that neither is to be given the reins, since both must go thru life prompted by mutual understanding. The large audience present was called upon to assist in the ceremony and every man, woman and child, including strangers within the gates, responded to the call in a most inspiring manner.

The success of the gatherings during the five-weeks' stay proved that Dr. Gilman Beeler had paved the way to an admirable point, while a great deal of credit has to be awarded to the untiring work of Mother Helen Pearce. She selected her committees and assistants with wisdom. Mother Hewitt, too, continues to hew her

path thru the thicket of circumstances, testifying to the truth among her surroundings.

Iona and Olive, with Effie, Kasha and Robert, are working almost beyond human efforts, but expect to be released from their task of "feeding faces."

Mother Maria appeared in time to impart her blessing to the many struggling souls, pointing out to them the way unto release.

Neighborhood gatherings have also marked the work at the Golden Gate, and Mother Maria followed every prompting, disclosing the beautiful storehouse of knowledge to willing listeners, while Ruthken and Cleopatra edified much with vocal and instrumental music. Mother Maria has met with success wherever the Hudson in which she travels was put up for the night, the worthy souls she has met readily responding to the message.

George Engelke and "Oom Paul" are doing well "where the surges cease to roll." Roethle and Vinson, both having become acclimated, continue to bear with the household of Lantz, who have had many trials to endure.

Among the many visitors to the Golden Gate coming up from Los Angeles were Mrs. Sandberg and sprout, Bessie Groeschke and offspring, Audra Ellis, Beth Duesler, and many more who decided to locate in "Frisco" for the present.

The banquet given on Friday, December 8, was a decided success. Sunday, December 10, brought class work to a close. Mother Maria promised to take up the work in San Francisco after the holidays, should the weather permit travel in an auto.

Saturday, December 16, proved a great day among the Saints of Los Angeles, a reception being given in honor of Mother Maria.

Tuesday, December 19, the Saints of Los Angeles celebrated the Master's birthday with all the airs characteristic of Mazdaznan.

Sunday, December 24, and Monday, December 25, found the Los Angeles Saints in Christmas sessions, many joining the pilgrimage to San Diego, where the Peace Gahanbar is to have its sessions December 29, 1916, to January 2, 1917.

With the New Year upon us, we shall have to be on the alert for the biddings of the still, small voice, and apply our gifts and talents to the best possible advantage.—*Master*.

Scientifically Prepared Bread

DR. RUPERT BLUE, Surgeon-General of the U. S. Public Service, says: "For the past fifty years the quality of bread as food has been deteriorating. The invention of the roller-mill system and the production of highly milled flours of all kinds thru separation and elimination of many of the valuable food parts of the grain, is regarded as the greatest factor of responsibility for this deterioration. Another element is the use of artificial leavenings which are destructive to food qualities.

"Water-ground meal, made in the old-fashioned way of grinding whole grain between two stones, seems to have the proper elements of food. Such meal was made up to 1880 all over the United States, and while other causes are contributory, the presence of pellagra in the South appears to have some intimate relation with the use of highly milled flours.

"The factors at work in this change are very closely connected with the radical changes in our social and economic life, indicative of the contributory elements in malnutrition of the people." —*Special Report to Bakers' Weekly*.

This bulletin is the result of extended investigation and laboratory analysis. We are pleased to advise the public that the ELECTRIC HYGIENIC BAKESHOP, San Francisco, is a company composed of food scientists and dietitians worthy of the highest honor and commendation in their crowning efforts for the past fifteen years in educating the people in the use of whole wheat breads. They do their own milling as mentioned above and retain the original recipe, and manufacture and sell the pure Unfermented Whole Wheat Breads and other grain products as referred to in this special report. The U. S. Public Health Service recommends the use of such breads.

FIRESIDE CHATS

THE metropolitan press complains there are more jobs than there are men to fill them. We seem to forget that a great number are employed in an industry of destructiveness, and it takes much longer to build than to destroy. Still there are many out of work—but that may be true only because these happen to be in the wrong place.

The majority in this world either do not want peace or do not understand its efficacy.

Upon passing out of this life we may have peace, but those we leave behind won't leave us in peace.

Among the many ships sunk, a large number could have been used to better advantage. Still, boys have to have their fun.

Some people are inclined to think that these boys George, Willy and Nick are ruffians, but they have another think coming could they but see the elephant each has on hand.

In the days gone by we fought for our religion and now we have to fight for culture. Times have changed and we with them, yet there is no telling what the future has in store for us, as fighting for one thing or another always demands the same price.

The man with no purpose has a purpose, too, but it is one that proves destructive to himself and a nuisance to others.

Great men very often turn *grater*, and we who depend upon their ways and means come out pretty well *battered*; others are even *fried*, after being thoroly tried.

If you do not want to grow poor, keep out of canyons—and so as not to grow narrow, keep out of politics. If you have business in the canyons, send others to do it for you, and if you have gained a place where you handle politics, leave it to someone else to get the chestnuts out of the fire for you. A word to the wise should ever suffice.

Breath and Breathing

NATURE will do her part, but there are times when Nature expects from us a helping hand. True, we are prompted to eat, whether we give the matter any thought or not, yet Nature expects us to use good judgment in our selection of food, lest there be trouble.

We have to breathe, and yet Nature rewards us for every effort made in that direction. Paying attention to the slow emptying of the lungs, we not only relieve the system of carbon, but will enable the air channels to have higher dynamic action, and with every well-directed inhalation we induce an increase in the oxygenation of the blood, followed by the energizing of the nervous system, which helps to increase chemicalization so necessary for physical and mental advancement.

A languid feeling, low temperature, lack of interest, carelessness, insufficient ambition, melancholia and the many indescribable features which make it hard for us to be really happy and successful in life show lack of proper exercise. It is not enough that we exercise—our minds must accompany the exercise. We must have a good, tangible reason to offer for everything we do, particularly when we go thru rhythmic breathing, as in that case we draw upon the powers and forces in Nature, of which the Scriptures remind us: "The God in whom we breathe, move and have our being." It is not more breath that we need, but more attention must be paid to our breathing, as we have had to learn to pay more attention to the selection of food, if health is to be our blessing.

Some folks prefer herbs in the form of cordials; if so, no one should object, especially if these cordials are home products.

Mazdaznan Now the Password

EVER on the alert, true to the principle of cosmic law, as well as in harmony with the spirit of time, Mazdaznan calls attention to the present situation in this world of a Babelian chaos, with the rupture of all human institutions. The equilibrium is lost and the mind of the people is adrift.

Tho the cannon's roar has not reached us, yet there is no telling when our captain may announce the sinking of our ship, and then it will be "safety first." The value of preparedness should never be underestimated, for an ounce of prevention will save us many pounds necessary to affect a cure. To weather the storms of time, to pass the rapids with safety and land unharmed upon the invulnerable rock that separates the ocean of life from the endeavors of the land of promise, we must know of a harbor where the waters are calm, serene and peaceful. Mazdaznan points in that direction. Come, let us reason with one another, not argue nor discuss nor split hairs, nor fall into the oblivion of dogmatism, but calmly search our hearts and minds, lest we fall into the bottomless pit of inane wanderings, where suggestions sway our aching hearts and demolished mind. To prevent such a catastrophe among the Aryan or white race the spirit of the times charges great minds to redoubled effort to sound the philosophy of life, administering pearls of heaven and diadems of the earth for the asking. The curative powers of these scientifically compounded potencies have been tested for ages and at intervals withheld from the public by substitutes marked just as good," but found wanting. And now Ozah, the provisor of the Divine Laboratory, discloses the recipe unto all the world, that whosoever desires may take of the flow of life freely and partake of the manna of heaven, without money or price.—*Daddy Clemens fuetzner.*

AMONGST OURSELVES

Chicago, Illinois

The work in Chicago is progressing to the satisfaction of all concerned.

Uncle George Herwig engaged a theatre for the Mazdaznan lecturer, Dr. Gilman Beeler of London, England, and classrooms at 59 Van Buren Street. The results are more than satisfactory and an extended crusade is anticipated. With classes at the old headquarters, lectures on the North Side and neighborhood meetings, etc., things are lively.

The visit of Cousin Nellie was like a dream to all and reminded us of the old Scriptural text: "While he was busy here and there, lo, he was gone," with the exception that in this case "he" must read "she." It is well to be among Saints, still our likes and dislikes determine us as to places and we seem to think of California.—*Tante Theresa.*

Denver, Colorado

Mother Holcomb, being very busy in public work, asked me to report that the neighborhood meeting at her home surpassed all expectation, while the musicale proved a success. A banquet given in honor of Mother Elizabeth Ingraham, returning from the British Isles, added to the letter days of the season. The interest among the members is growing more than ever heretofore.—*M. Gillette Smith, M. D.*

San Francisco, California

"O, Blessed Thot" and "Tongues of Fire" stir the blood, but they do not seem to express the joy of our hearts now that we have had our desires fulfilled. The Master kept his promise and gave us a long visit—that is, longer than ever before. For over four weeks we

enjoyed his company and with it a goodly portion of his great learning. Saints and strangers agree that it is simply marvelous how much can come to us when once the state of realization has been reached: "I and the Father are at One." All error and self-imposed imaginings of malicious animal magnetism, with its many phases of diabolical suggestions, disappear once the light of understanding comes upon us. Even the pseudo-sciences which have held us in their iron grip, and all the pet theories of astrology, phrenology, "phiziology," palmistry, psychology, and many more *ologies* fade away like night at dawn and the latter again fades as Khorshed appears. That is how we all feel after we have gained the knowledge of divine principles which are the birthright of every human being and not patent rights of any clan or set. We are indeed grateful to the Lord God Mazda for living in an Age of Reason, where the hackles of ignorance and superstition have neither hold nor claim upon thinkers. The Golden Gate Stronghold desires that the Household of Mazda rejoice with us in his day of emancipation.—*Iona Janet*.

Montreal, Canada

These are trying times for many a soul not in tune with the Infinite. We are able to bear because of the promise: "I shall never more forsake thee. I shall have thee not in want; with mine eyes I'll ever guide thee; I shall lead thee by thy hand."

We replaced the old flag by a new one on flag day. Our prayer is that the Federation of Nations may become a reality while this flag floats over the Embassy of the Federation of Nations of the Northern Stronghold of Mazda.

The Mazdaznan Magazine is to us the Living Word. The generous package for last month will be used to good advantage. What a good number it is!

It is simply marvelous how, in the face of such strenuous times here, we are provided for and taken care of. Daddy Hooper deserves credit, as does Guromano and all our other men, who work with Herculean strength. What a joyous time anticipating the coming of the Master.—*Mother Adelia*.

Mother Adelia also writes: The following reports will speak for themselves and prove to the Saints of the Royal Household of Mazda that the Northern Stronghold is on the alert and does not miss an opportunity to put in a word where it is liable to do the most good. We continue to bear in mind and heart all the blessings of the season.

“Flag Night”

Nearly two years ago the members of the Northern Stronghold erected over their Embassy the standard of the great empire to which they belong, as a beacon of attraction to all the citizens of the royal city of Montreal and the Dominion of Canada to the light and truth of Mazda. This flag had first been blessed by our Master, and was an offering from the Household. Flying continuously, day and night, summer and winter, it did noble service, until, returning almost to its original elements, it was replaced. The second flag also etherized itself, after radiating its colors of red, white and blue in the breezes that ever encircle in peace and love the royal home of Mother Adelia and Daddy Hooper. Therefore, a third flag had to be procured, and on Wednesday evening, November 8, 1916 (1921 O. S.), after draping the altar, it was blessed, in the absence of the Master, by Mother Adelia, Mother Ashoi, Mother Pettipiece, Daddy Hooper and Daddy Guromano, and by all the assembled company, and now floats proudly, inviting all to “come and see,” that they, too, may know of the greatest message ever given to mankind.

A most enjoyable family social preceded the ceremony, the program being highly entertaining. It was under the ever-capable charge of Daddy Walker and evidenced rare talent. Thereafter, around the hospitable board, each and every one made eloquent and appropriate remarks suitable to the occasion, showing the very happy and optimistic spirit prevailing—even among the strangers within our gates—telling of noble thots and high aspirations. The underlying text was, as always, the "Federation of Nations," and the wish that our beloved Master might soon honor us with a visit.—*Guromano*.

Lecture on Evolution

A most instructive, interesting and far-reaching address was given at "The Montreal People's Forum," by Brother Philip A. Ramus, on Sunday afternoon, November 19, 1916, before a very cosmopolitan and searching audience of at least three hundred people, the subject being "Evolution."

Mazdaznan principles were openly, eloquently and scientifically expounded. The matter, tho of necessity being but briefly dealt with, owing to limitation of time, was handled rapidly, the more important aspects being brot out, showing the wide range of this all-inclusive topic. The "new" way, in which the vital problems of life, the causes of its promotion and retardment, and the purpose and end of creative and evolutionary development, as expressed, raised and elucidated much discussion when the meeting was thrown open for questions and opinions.

Health and breath methods, fleshless diet, woman's rights and rule, incarnation and reincarnation, the workings of Nature's law, the elimination of all murderous and destructive tendencies, and the Federation of Nations leading unto the Transparent Race, were explained in a manner that deeply interested many, awak-

ening the more inquiring minds unto further investigation, disturbing those who still slept, and sending forth a clarion call to all to "come and see." A large number of Associates were present, and at the conclusion heartily congratulated Brother Ramus for his courageous and masterly exposition of the thots and principles so necessary for the betterment of mankind.—*Guromano*.

Elixir of Life at Maisonneuve

Rarely do the inhabitants of Montreal's progressive neighbor, Maisonneuve, have the opportunity for such a feast of Nature's truths as was served them November 15, 1916, by Mrs. Arthur F. Gault, who, delivering the first of a series of three lectures under most enticing headings, excelled by far anything she has ever attempted before in this direction and held her audience spellbound by her able exposition of Nature's truths and the laws governing God's creatures.

Nothing so fundamental, so radical in its nature, has been offered to the public heretofore.

Mrs. Gault first explained the laws that govern the momentum of this planet and proceeded to explain, step by step, in language comprehensible to all, how those same laws affect the individual, coming to a crux by explaining and demonstrating in a most convincing manner, means whereby the individual may fully comprehend the laws and adapt himself thereto, thus eliminating the numerous causes of disease and curing same where it exists, without the use of medicine, by merely conscious breathing of seven seconds' inhalation and seven seconds' exhalation—this in contrast to what the speaker termed the three-second maternal breath, common to the average person. In a rousing exhortation, woman was called upon to do her part in preparing herself to usher in the new race of mankind which is to succeed the white race on the North American Continent. Much other very valuable information was given,

including some interesting and instructive tips on rational diet. So stirred was the audience that at the conclusion of the address and before the ringing applause had subsided, a well-known gentleman arose, and after begging permission to say a few words, urged each one present to bring at least ten friends to the next lecture, as he had for 20 years been practicing the precepts expounded by Mrs. Gault and had proven them most beneficial.

The two remaining lectures were on "Eradication of Disease and Attainment of Self-Power," and "Prolongation of Life and Regeneration of the Race."—*Philip A. Ramus*.

More From Denver

We just continue to grow, whether watched or not. We hold two regular meetings a week and many more irregular ones, as we must have an outlet for the overabundance of joy with which we are all so happily blessed.

At Agnew's we meet for Dietetic Studies and at Mother Holcomb's in Divine Worship.

The bazar held the second week in December aroused interest and much healthful excitement. It was held at the roof garden of the Cornwall Apartments, the residence of Dr. Gillette Smith, who, in company with Dr. Bondy, is an additional worker.

Every available means is used to spread the message to which we all are indebted for the many blessings showered upon us.

Mazdaznan is very much alive here—more so than ever. Keep an eye on us and see what folks can do.—With peace and joy, *P. A. Nichols*.

Baths are a necessity, but they fall short of their virtue unless the body is rubbed down thoroly and until the skin feels perfectly smooth.

LOS ANGELES ADVERTISEMENTS

A real Musical Instrument; not a toy; not sold in music stores during advertising campaign.

THE UNIVERSAL HARP

Queen of All Stringed Instruments

A combination of Mandolin, Guitar, Zither and Harp

SOLD ON EASY WEEKLY PAYMENTS

All Music Self-Instructive. No Teacher or Previous Knowledge of Music Required. Can be played Alone to Sing With, or Together with any Other Musical Instrument.

UNIVERSAL SUPPLY HOUSE
P.O.Box 1743, Los Angeles, Cal.

MAZDAZNAN:

Write a Personal Letter to DR. P. NICK, MGR., for Special Price on the Harp

PEACE

The Most Necessary Thing
in the World Today

Superb Art Cards

Advocating

**PEACE AND THE FEDERATION
OF NATIONS**

have been published by the
MAZDAZNAN PRESS

Best of designing and printing
in three colors

1 Cent Each, Minimum Order 25

Send self-addressed envelope
for sample to

P. O. Box 1854, Los Angeles, Cal.

DR. HILTON'S No. 3

**Not a Medicine but a
Remedy to Prevent
Diseases of the
Membranes**

Essential in colds, influenza, etc.

**PREVENTS PNEUMONIA
DR. HILTON'S SPECIFICS**

54 Columbus Ave. Lowell, Mass.

**Back numbers of
Current Year, 1917,
will be 25c a copy**

Mazdaznan Congregation of Los Angeles

327 SO. HILL STREET
ROYAL ARCANUM BLDG.

Regular meetings Sundays
at 11 A. M. and Wednes-
days at 8 P. M.

Breathing Classes on Tues-
days and Fridays at 8 P.M.
Social evenings are held on
one Friday of each month,
the dates of which are an-
nounced at the meetings.

A most cordial welcome is
extended to all.

DR. HILTON'S No. 3

Not a Medicine but a
Remedy to Prevent
Diseases of the
Membranes

Essential in colds, influenza, etc.

PREVENTS PNEUMONIA

DR. HILTON'S SPECIFICS

54 Columbus Ave. Lowell, Mass.

ANNOUNCEMENT

Send All Private Correspondence for

D R. O. Z. H A N I S H

TO

P. O. Box 1854

Los Angeles :: California

A. F. Gault Trust Co.

Real Estate Insurance

Financial Agents

**Eastern Townships Bank Building
Montreal, Canada**

We have the best connections for handling fiscal transactions of any nature or size. Our aim is to keep in *personal touch* with our clients. In this way only has it been possible for us to give the absolutely satisfactory service which characterizes our business. Send for pamphlet, "Our Business," which outlines the methods we employ.

Let us keep you informed about our investments yielding from 5 per cent to 12 per cent.

THE RE NU DILATORS

The new way of aiding Nature to *cure* Constipation, Nervous Disorders, Appendicitis, Indigestion, Insomnia and Piles.

Set of four Dilators with full instructions for use, \$2.00, post-paid. Free booklet on request.

WOOD & SARGENT

327 W. Florence, Los Angeles.

SUBSCRIBE NOW!

Start 1917 in the right way by subscribing for MAZ-DAZNAN and thus getting the complete year's course in "Diagnosis and Healing."

**A Real Musical Instrument---Not
a Toy---Not Sold in Music Stores
During the Advertising Campaign**

THE UNIVERSAL HARP

Queen of All Stringed Instruments

A combination of Mandolin,
Guitar, Zither and Harp

**SOLD ON EASY WEEKLY
PAYMENTS**

All Music Self-Instructive. No Teacher or Previous Knowledge of Music Required. Can be played Alone to Sing With, or Together with any Other Musical Instrument.

UNIVERSAL SUPPLY HOUSE

P.O.Box 1743, Los Angeles, Cal.

MAZDAZNAN:

**Write a Personal Letter to DR. P. NICK,
MGR., for Special Price on the Harp**

Lessons in Diagnosis and Healing

COMPILED BY DR. ST. WILLARD RILEY

According to Mazdaznan Principles in the Art of Healing,
as Taught by Dr. Otoman Zar-Adusht Hanish

(This Series of Articles is Covered by Copyright and Republication is Forbidden)

LESSON ELEVEN

One cannot expect to master this system of diagnosing by a single reading of these published lessons, nor become a first-class healer after having heard the lectures on Diagnosis and Healing as given verbally by our Master. It is necessary to devote much time to studying the different bases and their inclinations so as to impress this system more vividly on the mind.

The student should be so familiar with the subject that when a basic principle is spoken of it will appear before him in its own particular color. The Physical base would take on the red color in all its different shades; the Spiritual base the blue, while the Intellectual should show as a yellow.

According to one's degree of conception the Intellectual color will appear in all its different shades from the bright green-yellow to a mud color. It will be possible to detect the difference in the Spiritual between a pale blue and a deep blue, as well as distinguish a light red from the deepest red in the Physical. It will also be possible to materialize abstract thot into colors, and the mind will recall it more readily. This is the secret in the proper method of thinking. A lack of the power of explanation is due to the fact that one is unable to think from the abstract objectively, and vice versa. By the application of method in thot one is able to learn to discriminate and analyze and get this system down to a fine point, as it were.

A person without the art of speech may study elocution in all its branches and yet be unable to acquire the art of speaking, because the studies have been in the abstract sense and not in the objective. When speaking of heaven that person sees only the letters composing the word and not the state of love, peace and happiness that fills the entire being of one who has a conscious conception of that much-to-be-desired state of being. Such teaching will never enable one to express himself properly. When you as a student understand the abstract-objective method of thinking, and vice versa, you will feel the subject spoken of until thru your feeling you will gradually grow into it.

In this series of lessons enough has been given to enable one with a mind of his own, if observant, to attend to himself

thru diagnosing his own troubles and effecting their cure. We should all know our strength and our weakness. Enough information has been given in this course of lessons, if put into practice, to enable one to heal himself and to also assist others, no matter what their troubles may be.

Movements and resistance exercises that induce perspiration will enable the body to throw off toxic substances and also assist Nature in her depurating processes. In spinal manipulations pressure on both sides will stir up the entire nervous system, but the spine should not be touched.

The method of opening the pores to relieve fevers is not new; it was originated by the Arabs many thousands of years ago. These people learned it from the animals and worked out a science from their observations that has come down to the present time thru the Greeks, French and other European nations, and is now known as massage.

No one has too much blood, but the blood may become too thick or too thin. It is possible, however, to thicken or thin the blood. Tonics will not build up the system. Nature should heat up the body in order to bring the blood back to its normal condition.

There are chronic cases in which it takes too long to bring back health by following the ordinary methods. Nothing can be administered internally, as the organs are too weak to respond to the medication. Give these people only soothing, quieting food to keep up organic heat and allow no fever to arise. External remedies must be used to open the pores in order to allow the poisonous substances to be eliminated thru them.

Open the pores between the shoulder blades in order to stimulate the oxygenation of the blood in the back lobes of the lungs. This relieves the patient and he will recuperate. We should not hesitate to apply the needles because the patient is weak, as it is all the more necessary to apply them then. In such cases make the applications on both back and front portions of the body.

In generative troubles the pores should be opened along the groins and over the pubic bone. If thru these troubles the heart and lungs have become affected, "dry" needles should be placed on the chest, just below the heart, on the back and between each rib. The patient will breathe easier after such a treatment; in fact, the entire body will breathe, relieving the nervous system of pressure and there will be an increase in the circulation of the blood, which will cause the organs to once more perform their functions normally.

The matter of vaccination, as far as opening up the skin

and applying oils, is a proper procedure, but to transfer poison from one person to another is a very dangerous thing, as many diseases can be thus transferred to an otherwise healthy person.

In treating the upper arm with the needles, put them on where you vaccinate. If it reddens soon and puckers up it is an indication that the blood and circulation are in good condition. The skin does not pucker up in blood diseases. Where the circulation is poor it will take some time for this reaction to occur.

Do not needle the forearm, hands or fingers—only the upper arm. Apply the needles to the soles of the feet, under the toes and on the sides of the foot, but it is of no value to apply them to the upper part of the foot. In needling the calves of the leg, apply them to both front and back, but do not touch the bony part.

In headaches, where the eyes pain, apply the needles to the nape of the neck, beside it and back of the ears. This will draw the blood down, cause an irritation of the skin and relieve the aching condition, also giving Nature time to correct herself.

The abdomen and navel may be needled, and if the patient will live properly and naturally thereafter he will become cured eventually.

Cooked almond oil answers the same purpose as the so-called "hot oil." Practice needling by treating the calves of your legs. By these treatments you assist Nature 65 per cent, and then all that is needed is 35 per cent toward cure by proper diet, movements, etc. Without needle treatments it will take 100 per cent of attention, and recovery is likely to be retarded thru mistakes in treatment. Always open the pores and assist Nature in relieving herself. These procedures make the treatment of the case much easier.

In needling the back of the neck apply the instrument to the groove, then on the sides and behind the ears.

To relieve accumulations of wax in the ears apply the needles behind, below, in front of and on the lap of the ear. This will loosen up the wax, and in case of perforated drum it will also be of assistance.

In case of polypous growths in the nose, needle between the eyebrows, on the rings of the nose, below and to the sides of the nose. Give three punches to these parts every day and thru the increased circulation to these parts the growth will disappear and there will be no need of operations to remove it. In long standing cases the back of the neck should also be treated.

All the above are "dry" treatments. Never use oil on the front of the neck.

For the relief of snoring the back of the neck should be needled. Sometimes snoring is caused by sleeping with the head too low, when the abdomen sinks. If you lie on the right side with the head slightly elevated you will not snore. Catarrhal people who snore should use inhalations of salted brandy to get relief.

Needle treatments are valueless to those who eat meat and drink alcoholics. They are of no value to people who eat potatoes and drink coffee. These may be used separately, but not in combination, as in the latter case it will be impossible to rid the system of uric acid.

The same needling instrument may be used on different members of the same family, but it is inadvisable to use it indiscriminately on every person, as the needles are made of steel and it is the most sensitive metal to infection, cases being known in which blood diseases have been transferred from one man to another by shaving with the same razor.

Carefully cleanse the instrument with cheese cloth after using it. Run the cloth thru the needles several times and then disinfect by placing them in the sunlight until they become hot. Put a little cotton in the cap of the instrument and add a few drops of eucalyptus oil to it before placing it over the needles. This acts as an additional disinfectant.

In emergencies, where the needles have been used on more than one person, they should be well oiled afterwards and the needles wiped off dry immediately. The hot oil should be used.

With the foregoing lessons as they have appeared from month to month the reader and student should be able to take care of themselves and give assistance to others in emergencies, and any more instructions would be but repetition. It is not the intention to make physicians, but rather to make one more observant of his fellow-man and to find the cause of his own peculiarities, whether in thought, word or deed.

To those who have attended the Healing Course as given by the Master in the past these lessons will be found valuable for reference as well as to stimulate their memories; while to those who have never attended a Healing Class they should stimulate sufficient interest to cause them to seek the Master at the earliest possible moment and take this incomparable course of lessons if he can be persuaded to repeat them.

THE END.

The Brotherhood of Man is not an imposition, but the product of a season which comes upon us in as regular an order as the seasons of nature.

Healing Course of 1917

With December we are drawing our "Lessons on Diagnosis and Healing" to a close, as the compiler has published many important things taken from notes on several courses of lessons given by the Master at different times and places. Owing to the fact that the lessons were "thrown together" hurriedly at different times and places during our pilgrimage and under conditions of stress, some errors and repetitions may have crept in, which will be readily overlooked by the reader.

We have enjoyed the work very much, both for our own edification and because we have been the humble instrument thru which these marvelous truths have been given greater publicity than ever before.

To the student of Mazdaznan, and consequently the student of Nature—especially human nature—they will prove a veritable "fountain of wisdom and light." The more familiar one becomes with the basic principles and inclinations the greater will be his insight into the hidden things of life and the easier it will be to read from the "Open Book of Nature" as has been hinted at so often by the Master. So all we can advise in closing is to remember the basic colors—even the blending of the rainbow—and look for them everywhere and we will never more be in danger of being swallowed up by a "deluge" of ignorance and superstition, but will come into a full realization of that grand old hymn:

"Man, behold in things of Nature,
Whether great or small the creature;
Yea, behold the face of thy Creator;
Yea, behold the face of thy Creator."

—St. Willard.

Woman to take Part in Federation of Nations

The question arises in the minds of thinking individuals, what shall woman do to help inaugurate the Federation of Nations.

Is she not the Mother of the Aryan White Race, and this Race is at this present time in dire distress because the individual has forgotten the family relations?

The mother is the real head of the family; as is her thot so is her offspring. For reasons that are not logical she has allowed herself to remain in the back-

ground and entrusted the national welfare of her children, as well as herself, to man, and the result is destruction unto the Race. And in this day of reckoning she finds she has made a grievous mistake in not holding her position as MOTHER, which is with the Father to ever endeavor to make better conditions for the welfare of the whole family, that each member may have the opportunity to exercise the individual gifts and talents which are ever present in the child. This thot must be a universal thot. As all the Families of the Race emanate from one Source, naturally all are endowed with the same possibilities, and are entitled to the same blessings.

Mother must never loose sight of the POWER OF THOT, and that her conscious living thot shall be the principal factor in giving birth to the Federation of Nations. She must charge the very waves of ether with the thot that shall call her own kind and kin to the consciousness of their relationship, ever holding the thot that the Nations are composed of the many families, and see them in all the Twelve Tribes of the Aryan White Race. She must feel in thot the relationship of Nation to Nation, and comprehend that the separation of these families came thru time, the distance of oceans, mountain ranges, hills and valleys, and sweeping all these barriers aside with her thot she must see the families re-united, all living in their homes and countries surrounded by the possibilities that International Peace brings, and bound together in the glorious Federation of Nations, the realization of the dreams of Ages. Thru this living, vitalizing truth, the power of thot, she will daily call thru the waves of ether to those awakened minds all over the lands where dwell the members of the Family to join with her in that thot that will touch the minds and hearts in all the Nations, and that they will see and know there is only one solution—the Federation of Nations.

Her thot must blossom into words, as the time and opportunity occur, and she must so speak that her reasoning will call attention to the sublime aim of this Society of reasoning members of the Twelve Tribes of the Aryan White Race, calling to remembrance the blessings that shall be theirs individually and collectively thru the Federation of Nations. She must always speak in kind, wise and just words, never stop to blame this one or that one. She must be the noble Mother, who, finding her children in a state of turmoil that has lead to destruction, wastes no thot or words in placing the blame, but every honorable means will be used to bring about a state that will assure peace to all the family.

Out of her own cultured heart must flow the words that shall recall to memory that better-self which is the heritage of man made in the Image of God, and thru her instruction it will dawn upon the Nations we *are* a FAMILY, and by recognizing this we will find there is plenty and to spare for all. Her words as her thot will ever be catholic in their appeal to the members of the Race, dealing with the question as an international one, and giving offense to none.

The fruit of this thot and words will be deeds that will help to make possible the Federation of Nations. Every deed must bear the impress of the aim of the Society, which is "strictly educational on lines geneological, and relative to tribal relations of the Aryan White Race, devising ways and means whereby a Federation of Nations be made possible, and thru mutual understanding assure a World Peace, necessary for the furtherance of progress and civilization, encourage individual and collective relation, setting collective good above the selfishness of an individual or set of individuals."

In all her deeds she must bear in mind the blessings of the Earth that belong to the Aryan Race, not to a

set of individuals, but to each member of the family in accordance with their development and application. And thus she will use all possible means to further the work necessary to bring about the Federation of Nations. This can be accomplished by literature, letters, speaking as the occasion offers, and forming Auxiliary Societies.

May every thinking, reasoning Woman see herself as a faithful MOTHER unto the Aryan White Race; stepping into the international arena of destruction and thru the application of higher intelligence calling the children of the family to the great Conclave of Nations that fulfills the thot and desire of the Savors of the Earth since man became conscious of his higher, yea divine nature.

Mothers of the race in bondage
Wake! redeem this darken'd earth,
Bringing freedom to all Nations,
To perfection give rebirth.

And now she must sum it all up in MOTHERHOOD; indeed it is the holy mission of Woman to acquaint herself with Eugenic Laws that she may bring forth Savors unto the Aryan White Race. For how is it possible "To Perfection give rebirth," unless the child is Eugenically well-born? She now sees that by woman's ignorance sin came into the Race, so thru her application of eugenics she sees that she may lay the foundation for the FEDERATION OF NATIONS, that will be the Kingdom of God on Earth.—*Cousin Nellie.*

No man has any more to offer than nature, so let us return to nature with its tables laden, instead of standing in line, waiting for man to give us a crumb.

Friend Nicholas, once emperor, is considered a convict now, and no doubt ere this has realized who his friends are and what to think of the rest.

The White Man's Burden

"I'm a Pilgrim, I'm a Stranger."

Fighting the fight of the ages, is assuredly no smiling matter. But now that "victory is near," it is not only useless to allow short-sighted compassion and sympathy to rule and control, but frankly also, of no avail.

For the "Momentum" seeing but one end or goal, which is perfection, has, just as has the individual, no recourse but to take any and every lawful means to secure it, such is true love.

If, therefore, ignorant and blind forces, controlled by crafty and unscrupulous intellectual powers, whose one object is self-aggrandizement thru the enslavement of individual liberty and the accumulation of wealth, have made things so complex and iniquitous that only destruction of same can remove them, thus making simplicity and betterment possible, their iniquity, no matter what the cost, even to the righteous, must go.

That well-meaning effort, even the supreme sacrifice is, if not of real usefulness and, according to Divine Principle, nothing but abuse, and cannot escape being so considered and penalized, is undoubtedly sad, but absolutely necessary and just; otherwise peace and happiness, the only basis of true life, could never be realized. Thus history and today shows that goodness has not alone had to contend, but has had to pay the price for evil,—a fight between the light and darkness, started, as Milton says, in Heaven, but to be won on earth. If, as we doubt not, now is the hour of final reckoning and adjustment, then in the climax it is to be expected that more sufferings and burdens must be borne and endured, even unto the end,—endured, Job-like.

For just as Cause, Space and Time must be personified, to be understood and made effective, so the weights

that load mankind must be individualized and shouldered. Thus the "Associates of God,"—those who have "washed their garments white,"—in fulfilling their Covenant, incarnate and find in their lives, the epitome of all that is in the world and their surroundings. And if in order to blaze perfection for others, they have besides demonstrating perfection in themselves, to "drink the cup to the dregs," they must joyfully do so, even as Evil, which is the other extreme, seeking polarity, must be carried,—not lived, but lived thru. Because, knowing this, and all its trying significance, the blessed Ainyahita prayed that her Own "might never know the dread of want."

If, for instance, the present-day commercial and economical system, degenerate in principle and contrary to Emancipation, must crumble and pass away, so the disintegrating process, weighs heavily, meanwhile, upon those who are alone constructive. To bridge the interval, cementing the days, is the awakened white man of the Aryan twelve tribes, burden. Surely, this thought shall give the power to overcome and the strength not to fail in the completion of the task, of inaugurating the New Age, to those who know, "I am in God, and He is in me."

For to them there can be no possibility of turning, nor shadow of giving up! Persevering, they are ever victorious, and as "All is of God," therefore best, even as the patriarch of old they say: "Yea, though he slay me, yet shall I love him," confident that the reward, besides being in the doing, is certain of materialization, greater far than any possible present concept, for His Kingdom being universal and unending, and they important and essential factors therein, are "His heirs and joint heirs" even here, "for the Earth is the Lord's and the fulness thereof." To them shall be said, "Well done!"

"I conquer here."—*Guromano.*

The Heart's Desire

To keep my vision clear, my heart purified by purer blood, and thru this purified blood to wash the thots evolving from out of my being into the everlasting Fountain of wisdom ever flowing thruout all space from the very center of that one great Source we have named God. To ever daily find I am at one with Thee and am able, by the application of Thy Attributes incarnated in me, to demonstrate that thru Thee I can meet all conditions and "Stand Alone" or erect. To see all the Tribes of Thy Elect walking a path of their own but leading to Thee, continuing to see them as the Race Universal and Redeemers of the Covenant; ever giving them perfect freedom and free myself; for first I must evolve as an individual and then on and on till I and Thee are ONE.—*Cousin Nellie.*

Authority of God is Greatest

Following the custom and ritualistic form of divine service as used by the ancient Mazdayaznian of Persia, Dr. Gillman Beeler, international lecturer for the Mazdaznan Temple association, conducted unique and interesting service yesterday morning in Mazdaznan hall, when he gave the following Mazdaznan statement of faith:

"That there is no authority greater than God and no religion higher than truth.

"I must obey God more than man.

"I must hold to the covenant that I am here on this earth to reclaim the earth, to turn the deserts into a paradise, a paradise most suitable unto God and his associates to dwell therein.

"I must never cause an infliction, death or injury to any flesh or blood, be it animal or man.

"I must keep within the boundary lines of the dictates of my own conscience and serve my God by keeping every one of His commandments, and rather seal the testimony of the Savior with the loss of my terrestrial life than turn traitor to the kingdom of God."

In the evening at 8 o'clock Dr. Beeler spoke in Blanchard hall to a large audience. His subject was Good and Evil, and he said in part:

"I am a Mazdaznan who worships but one God, who is in me and I am in him. The oldest name for God used by members of the white race was 'Ahura Mazda' the name meaning 'The Good Thought.' While there is but one God in entity and principle, there can be no manifestation in matter without duality.

"The ancients recognized the dual principle of manifestation as the forces of construction and of destruction. The constructive force they attributed to God and those who by their own voluntary choice remained at one with him in good thought, good word and good deed. This aspect of God was called *spyenta mainyus*, or the good mind.

"Those who of their own choice rebelled against carrying out the design of the Infinite Intelligence were compelled to attend to the destructive work in nature and among mankind in destroying by disintegration, disease and war all that was not being used in accordance with God's plan.

"The leader of those who rebelled was called *angro mainyus*, or the evil mind.

"While good and evil never can be destroyed in principle, yet as mankind finally learns to lead pure virtuous, useful and happy lives, in accordance with the constructive laws of nature and nature's God, the forces of evil, called the immature thought, will be crowded out of manifestation in human kind, and only then will be realized collectively the ideal for which Jesus Christ taught us to pray and to work for: 'Thy Kingdom come; Thy will be done on earth as it is in heaven.'"

The Mazdaznan Temple association, of which the Rev. Dr. Gillman Beeler is one of the international lecturers, is organized as a church under the laws of the state of Illinois, and Dr. Beeler is duly ordained as a minister of religion in the Mazdaznan faith. Los Angeles rapidly is becoming the active international Mazdaznan headquarters and the Mazdaznan Magazine, which has been the official monthly organ of the association during the last seventeen years, is now published in Los Angeles.

Much interest is being manifested in the free classes and lectures and Dr. Beeler will remain in charge of the Los Angeles work indefinitely.—*L. A. Tribune*, Oct. 22. 1917.

Nineteen Seventeen

With the close of nineteen seventeen another act in the great drama of Life comes to its finis and in recapitulating upon it even the most punctilious critic finds himself compelled to admit that there could have been nothing more satisfactory than what the seasons

have revealed. We all feel the better for it and more of us are pleased with the great advance made by the world at large. True some of us had a few more bitter experiences added to the hemlock cup already filled to overflowing but like Socrates we have taken the full draught thereof with a perfect smile and a feeling of pride, conscious of the fact that a true philosopher only has the power of reason to see the nonsense there where with pomp it is paraded by a breed still in the lower stratas of the evolutionary ladder. We shall not advise anyone of our friends to place a sponge over the spilt ink of diplomatic blunders as it would not remove the stain, but simply borrow from Peter to pay Paul. When confronted by the inevitable the best we can do is to submit to it until a way out of it all can be found. In the meanwhile let us be happy and of good cheer while others entertain the comforting hope that the worst is yet to come.

More than ever the thought of safety first suggests itself and as evolutionists we appreciate the old adage that self-preservation is the first law in nature, while the survival of the fittest dare not be underestimated. Of course, it is not for us to tell who is the fittest. Nature will have to determine that by its own laws, such as no man knows just as to the standard used in meting and weighing out Justice. That much injustice shall be exercised goes without saying since much of the wheat has to go with the tares. The wind that bloweth will determine the fate of the latter, since the course of the former has partly been determined.

That raw onions eaten before retiring induce sleep is quite universal, and milk sipped slowly has cured many a person suffering from insomnia, but onions disagree with some while milk often constipates. The last resort is raw peanuts.

Breath and Breathing

Now that the efficacy of breathing is generally accepted we shall be able to breathe with greater ease. The men who once ridiculed the idea are today enthusiastic breath disciples, so much so that by virtue of a clearer mind they readily recognize disasters of the liquor habit and join the ranks of teetotalers. Those who still indulge in fire water and look to it for bright eyes, a bracer or a tonic for the stomach's sake, have not yet indulged in Nature's pure and invigorating nerve tonic—rhythmic breath. But even that class will come around or depart into oblivion leaving no trace of their being behind them. With food reform most vigorously agitated under the seal of authority the general health of our Saviour nation will greatly improve and with it the mental standard raised. Economic and scientifically prepared dishes will eliminate a great many of the digestive disorders and ere long the nasty tobacco habit will have to go. That tobacco habit is due to the mixed diet, ignorantly and savagously prepared, forcing processes of fermentation calling for tobacco or drink to arrest it. Whenever we get away from the simplicity of Nature habits force themselves upon us to save us from absolute ruin. Still this does not excuse us from persuing a path of sin as long as a return to nature, to principle, to God, is at our disposal, even as given in the Parable of the Prodigal Son.

Deep breathing and thorough emptying of the lungs, whether at work or at leisure, will do much in energizing the organic side of our body and charge our mind to greater activity raising the index of mentality.

Change in the Board of Directors

Owing to the absence from this city and resignations of Dr. H. W. Riley and Dr. J. Clausen from the Board of Directors of the Mazdaznan Press, Dr. H. Kull and John Vinson have been appointed in their stead.

Food Demonstration

The Saints of the Golden State asked that they be favored with another demonstration relative to the Forty-Five-Cents-a-Week-Simple Life as outlined by the Saints of Los Angeles, and the Master granted the request, meeting in communion Wednesday, October 17.

Forty-five partook of the dinner containing the following articles with price attached thereto: Flour and oil each 15c; middling, 5c; tomatoes, brussels sprouts and raw jumbo peanuts, 10c each; 2 heads lettuce, 5c; carrots, squash, cucumbers, egg plant, stale bread, onions, baking powder, old port wine, 5c each; sugar, salt and spices, 5c; coffee, 20c.

First on the menu was a *combination salad* consisting of shredded lettuce, sliced cucumbers, cut summer squash, tomato slice, grated raw carrots, scissored parsely. The *dressing* contained: pulverized mustard, cayenne, Rosenpaprika, sugar, salt, oil, garlic, lemon juice and old port wine.

The *dinner plate* had *barley roast* made of one-half pound each of chilled barley and boiled ground peanuts, crumb dust, finely chopped onions, rice water, salt, pinch each of celery seed, cayenne, marjoram and origanum.

The *Rice slice* contained one-half pound of chilled rice, eggplant and chopped onions steamed together with chopped parsley, two fresh tomatoes (raw and chopped), salt to suit, dash of nutmeg. The *dumplings* contained: ground toast, middlings, patent flour, baking powder, salt, mace. With the roast went the browned flour gravy and with dumplings tomato sauce.

The browned flour gravy differed insofar as the lemon juice was not added until ready for serving, while the dumplings were steamed in the tomato sauce, which was first steamed. Each plate had several *Brussel sprouts* which were steamed with a little oil, after first having been thoroughly washed in boiling water.

Black *coffee* was served with a biscuit made of patent flour, baking powder, salt and ice cold water. Baked in a quick oven made them very light and tasty. The finely ground coffee was set with cold water for half an hour, when more cold water was added and stirred. Then placed over slow fire up to the first simmering point and served at once.

The portions served were satisfactory, in some instances too large. There was enough left to serve eighteen more people except salad of which only six more could have been served. The outlay amounted to *one dollar and forty cents* for forty-five people. There was absolutely no waste, no tailings, no garbage. The dishes were carefully figured out. The onion skins were saved for future reference to be donated to billiard heads to replenish a new crop.

Of course this was a rather extra-ordinary dinner. A much simpler menu can be arranged; one as wholesome, yet cheaper. At this rate it is being contended that two meals a day for six days with one absolute denial would suffice to keep happy.

Xmas Musings

The longed-for season is again upon us and with it recapitulations appertaining to an event of interest to both Gentile and Heathen. The latter saw in it the physical possibilities of Mother Earth blessed by fruitive elements lavishly bestowing their treasures unto assured blessings, the former praised the spiritual influence upon the life to be or the rebirth of the superman. The Thought of Perpetuity nursed made rebirth not only a possible expectation but a real fact until the illumined could conscientiously exclaim—"Christ in Me."

Yea, may this Christmas season not pass unheeded. May it not pass us by without an impression upon our

hearts, a lasting impression, ever and anon whispering to our ego, "Christ in me!"

For what of Christ—what of His coming to the Judean or Galilean fields, if He is not in me by virtue of the reflex laws that reveal the links of an unbroken chain leading throughout eternity? If Christ be at all—if He be a reality—He must be in me.

While the savage in his blindness kneels before the idol in the cradle; while the heathen in all his illusions pays homage to swaddling clothes, and the Gentile in all his delusions hypotheticates as to the Gloria in ecclesis, gazing into the empty space of ether searching for a lone star, we shall turn our eyes introspectively toward the altar of our hearts and with fervor respect the declaration of our Blessed Ainyahita.

"Unto me my child is born;
Unto me my Savior is given,
Oh, how wonderful, and He, even He,
My counselor unto freedom!"

Deductions Self-Evident

WASHINGTON, Oct. 13.—President Wilson has accepted an invitation to attend the annual Pan-American mass at St. Patrick's Church here on Thanksgiving Day. This is one of the most important religious ceremonies held in this city and is usually attended by the diplomatic representatives of South American and other Catholic countries.

Eventide Musings

There is a blessing even in a curse, but it takes the wise and pious man to discover it.

To be able to mind your own supercedes all philosophies and sciences.

"A thief is a miserable thing; a traducer a most contemptible creature."

Cunningness considers the weakness of man and loses sight of his latent powers; while Truth recognizes man's strength, and creates opportunities to make him free from the sophestries of lesser breeds.

Hints of the Season

December is upon us and with it the burden of Xmas.

Brussels sprouts, like egg plant, should be baked in a cassarole.

Cakes should be indulged in only in small portions, and judiciously.

Let us eat, drink and then ask the Lord to forgive us our wilfulness.

Artichokes and celery for the nervous, as well as all functional derangements.

Cabbage must be used raw or baked. Boiled cabbage induces torpidity of the liver.

How about bamboo shoots and preserved lychee nuts. Have you ever indulged? If not, try them.

Apples, grated apples of course. Otherwise bake them. A clove or a stick of cinnamon will develop the flavor.

Wholesome bread or scientific cookies eaten with selected fruits, and very select vegetables, ought to satisfy.

Soups do not agree with all temperaments. Spiritually based ought to avoid them because it makes them overcorpulent.

With the advance of colder nights it is well to use more cooling foods, lest sudden changes bring on negative conditions.

Dumplings as well as all other batter dishes are in order, especially where change is advisable and to break the monotony.

Heavy foods are not in order as long as fruits can be had and a variety of fresh vegetables are still within ordinary reach.

Mangoes, pommegranates and persimmons are still here and pineapples are delicious. Have your choice, and with it your Xmas.

Potatoes are rather high, still some temperaments are in need of the belladonna and may use them advantageously in small quantities.

A good way to utilize soup stock is by adding it to sauces, particularly brown flour gravy. A chemical change makes the stock palatable.

Have you ever had steamed grapes? That is grapes crushed and placed in casserole and put into a slow oven. Rheumatics and consumptives should try it.

Of course, there will be the proverbial fruit cake, pudding and other delicacies calling for remedial agents, Wise is he who will have the emergency bottle handy.

Better it is to use wholesome dishes, and if we must have a change let it be a scientific one, indulging in rare fruits and delicious vegetables, adding nuts that have the flavor.

Be sure you observe the spicing of foods. No need of tasting the flavor as it is not the amount that makes the dishes remedial, but the proper combinations and in their order.

Instead of cranberries use roselles, which are cheaper and by far more wholesome. Eczema and nearly every form of skin diseases yield where roselles are used with regular diet.

If you must have fruit with your vegetable meal because of bad habit, then take it as your first dish and as a juice, if possible. It is permissible but you interfere with your liver. Only in cases of emergency is this proper.

Pulses, when soaked for six or more hours, prove a valuable food but need to be treated and prepared in various ways to be a commandable dish. The baking with onions, browned flour gravy, or sandwiched between cabbage leaves improves a bean dish.

Chic peas, soaked for eight hours and boiled for an hour, then mashed and mixed with plenty of stale bread first soaked in the water poured off the peas, add-

ing salt, celery seeds and savory, rolled out into patties or baked in oven will prove a very wholesome dish.

Dairy foods and yard products are permissable. But you will fare better if you do not mix them with your foods. Either go on a milk diet or resort to the produce diet. As one grows in years care has to be taken as to dairy foods. They are oftentimes of inestimable value as remedial agents in certain cases but not regular food.

People who have to have every point detailed to them, analyzed and cut and dried, as it were, never will learn to take care of their food or themselves. Get your thinker to work and remember that to apply oneself intellectually, the things of the physical must correspondingly be drawn into the relative operations of one's intellect before the mind can sufficiently comprehend it to derive the benefit from reasoning.

Many people, those of advanced years, often complain of a sudden change, where all their life they have been regular, especially as to alvine calls, enjoying splendid health. Such persons are sulphur-poisoned. They will insist upon dishes once proper, but now should learn to wean themselves from habit and remember that nature preaches change. Supposing you drop eggs, cheese, butter and milk for a while and see?

Home Reception

Mother Maria opened her parlors Sunday afternoon, October 29, for a reception to the Master, meeting the old-timers and engage in a repast most thoughtfully prepared by the holy family. Everyone present was delighted with the simplicity of service and the wholesomeness of the dishes.

When asked what we would like as a menu, the master informed mother that a dinner based upon "forty-five-cents-a-week-simple-life" would please him most, and mother made a strenuous attempt to remain

within the boundary lines, so much so that a number of the faithful expressed their opinion that the master can always confine himself to forty-five-cents, and that we owe it to him to occasionally at least break over the rule and have a real layout.

But herein the master again begged to differ; he holds that the latter thought is rather prevalent among the saints and it is for this very reason that he has objected to banquets and dinners. The more we vie with one another as to the simple life, yet prepare and invent wholesome dishes all the more the master feels that the work is not in vain.

It is not enough to be meatless, starchless and poisonless; not enough to live on one-half other people in the world are able to subsist upon. The desire is to economize to that point where food consumption is controlled to a point of a necessary evil.

Just One Word

The constant rise in the price of paper and other printing materials, as well as cost of labor, rents and many more obligations connected with magazine work, lastly adding advance in postage make it necessary for us to ask our kind readers if it would be possible for them each subscribing for an acquaintance, a friend, a relative, or a library in that way assist in propaganda work as well as the Press itself, relieving the Master of a burden he has had to carry all alone all these years. Instead of a necktie, half a dozen handkerchiefs, pair of silk hose or a box of chocolates why not subscribe to the Mazdaznan. There is no telling how much good may result from such a deed, at any rate the greatest cause in the world shall be furthered and with it the day unto final emancipation shall be hastened.

A myth is wilful misrepresentation.

Home Talk

"No home talk this month?" said the printer as he looked over the manuscript. Even he seemed to think that the magazine is incomplete without it. We have heard remarks like his before, but never took it serious. Evidently the Home Talk is of greater interest than the more substantial matter. This has come home to us very strongly when a few weeks ago one of our admirers approached us with undisguised secrecy and confided the receipt of a booklet in the Spanish language. "It eez ze most wonderbar piece of literature," he said. "I veel translate it so you can use it in your most worthy magazine."

The linguist kept his word. The manuscript came into our hands. The introductory remarks had it that it was a revelation given on Sylvester Night, 1916, and begun with Omar Khayyam's quotation: "There is a veil through which I cannot see." One more glance over the translation sufficed. We took our February magazine of 1917 and went to the professor. We showed him the source of the Spanish booklet. "Ah, yez," the professor said. "Of course, of course, Sillyvestare night; of course; it was in ze magazene. Ah, I have studied and I have read the Spanish booklet every day for two weeks, I have read it to my wife over and over again and we have been in ecstasy over it. It is so wonderful. Yez, now I do remember it was in ze magazene but of course I only glanced over it. You see, I only read ze Home Talk to see what is going on in ze movie-ment, yez." All we can say is "yes!"

Consequently we decided for a Home Talk but what is there to be said that may either benefit the movie-ment or be of interest to the student. Personally we are not interested in the occurrences of the daily walks of life as they are common, ordinaire, and—everybody is doing it. Just now we are Hooverizing as in days gone by we tried to Fletcherize until we found

that the founder of fletcherization had gone to Italy for his health and that broke the charm. We disagree with Hoover on the bread question, placing the bread with a knife on the table so that there may be no left-over. In the first place there are liable to be too many hands handling that loaf and God knows its being handled enough by unclean and germ covered hands as it is. It sounds too much like straining a gnat and swallowing a camel. If we want to save wheat we should eat the shorts, middling and bran instead of feeding it to pigs. The white patent flour may be tasty but it is not one-half as wholesome as the whole kernel. We have Hooverism all skinned to the core when we attempt to live on a minimum not because of fear of starvation in the near future but from a standpoint of scientific preservation, discarding as much as possible all dairy and yard foods and subsist on the cheapest fruits, vegetables, grains and nuts. By cheapest we mean the most plentiful, consequently within the reach of a basis of forty-five cents a week per person. In most instances the forty-five cents a week simple life is a grand success, but it takes from four to six persons to successfully adhere to it. Single individuals find it very difficult and find that every other week at least they have to break the rule, especially the younger folks and children. The latter need the milk. Eggs are not needed, neither butter; olive, cotton, peanut, cocoanut and corn oil fill the necessary want. Instead of beans or ordinary peas, we find the chickpea to be most wholesome and made into soups or into roasts an excellent substitute for symposiums. The raw peanut, finely ground and boiled in plenty of water and mixed with other dishes will prove by far more wholesome than butter and cream.

We are not doing much in the culinary line at present. We have been much occupied with the publication of the "Life of Christ" and expect it to meet the approval of all our readers and friends, and we may say

right here that the amount asked for the volume will be money well invested.

Convinced of Dr. Gilman Beeler's ability to carry on the work in Los Angeles we have busied ourselves with sorting over what manuscript there is left of the wreck and we arrange it for future use in case the inevitable should ever set in. True, the adversary got hold of the most valuable portions of a life-long labor, still, we have the satisfaction that it will be given to the world in the near future, only that it won't be through our channels but to the glory of those who never give anything to the world unless they can gain laurels. We are willing that they should have the laurel wreath as long as humanity gets the truth. Outside a few auto trips among others one through the Mohave desert, we have not ventured out much, though the weather is most beautiful and the nights filled with ozone and mists.

Between writing, corresponding, scrubbing, polishing, washing, ironing, entertaining, washing dishes and a few other still minor obligations that break the poetic charms of daily routine there is not much time for musing—not even talking in our sleep.

Now that letters are three cents in mailing price we shall have to practice a great deal of economy and confine the answers to questions to a general form which may have to go through the columns of the magazine.

Hallowe'en

Can't have anything on the ladies, was the verdict when Mother Anna Sandberg, Cousin Nellie, Mother Maria, Mother Ellis, Mother Tabelle and others decided to give the Master a banquet.

Of course Daddy Sandberg was not going to be given a back seat, for he made himself busy giving the hall a festive appearance, decorating the chandeliers

in the usual Hallowe'en colorings with the moonlighted village and black-cat lanterns most prominently staring at you.

Angelica handpainted individual cards, to which paper baskets were attached filled with Hallowe'en goodies.

The first course consisted of an appropriate talk by Mother Maria, followed by Daddy Guromano's grace and Dr. Gilman Beeler's potage speech. The Master had to make his introductory remarks whereupon the salad was indulged in, consisting of lettuce leaves, peel tomatoes stuffed with chopped cucumbers, soaked in French dressing, on one side the plate a cherry tomato, the other a plum tomato, garnished with a curve of green pepper and water cress. With it were served tea biscuits and whole wheat breadsticks.

The second course brought the dinner plate which held the potage and chick pea roast, both dishes prepared by the Master himself according to the patriarchal ritual of ancient culinary science. Everyone was delighted with both dishes.

Third course consisted of individual eggless pumpkin pies, made by Cousin Nellie and Mother Marias celebrated doughnuts, followed by Turkish coffee and whole-wheat slices.

The Master in his talk considered the present situation, referring to the days gone by and took occasion to relate the story of Jacob and Esau. Shortly before midnight the audience went home with lighter hearts and more smiles.

The inevitable in the progress of humanity can no more be averted than the coming of an earthquake, or the spitting of a volcano; even as the latter can be appeased thru human sacrifice alone, as savages firmly believe, just so the inevitable in humanity can never be satisfied except by sacrifice.

PROGRAM
SEMI-ANNUAL GAHANBAR

Reorganized Mazdaznan Temple Association of Associates of God
CALIFORNIA CLUB

1750 Clay Street, Near Van Ness, San Francisco

SESSIONS LASTING SIX DAYS

Beginning Thursday, December 27, 1917, 8 P. M., Closing
Tuesday, January 1, 1918, 11 P. M.

Sylvester Night, December 31, 1917

New Year's Eve Celebration, beginning at 8 P. M. and closing after midnight. Admission by card only.

PROGRAM

Winter Gahanbar of The Reorganized Mazdaznan Temple Association of Associates of God:

THURSDAY, DECEMBER 27, 1917

8:00 P. M.—Reception at the Banquet Hall, lower floor. Call of Welcome by Mrs. Helen Pearce, President of the Golden Gate Congregation. Response by Mother Maria Elizabeth Ruth Hilton, Kalantress of the Evangelical Order. Communion passed by the Order of Magyars, Festive Oration by Colonel Arthur F. Gault, Member of the Executive.

All the following Sessions will convene at the Auditorium, upper floor.

FRIDAY, DECEMBER 28, 1917

11:00 A. M.—Service conducted by the eminent Kalantars Maria E. R. Hilton, Adelia Marsh-Mallet, Ashoi G. Gault. Subjects: 1—"The Six Periods of Genesis and Their Correspondence to the Six Races of the Human Family." 2—"The Coming of the Transparent Race." 3—"Our Country the Savior Nation Unto the Aryan or White Race."

3:15 P. M.—Vesper Song by Reverend Mother Elizabeth, Mother Vahda Lindsay and Cousin Nellie Wheelwright. Subjects: 1—"The Beginning of the End, or What Shall the Harvest Be." 2—"Animal and Human Sacrifice the Only Means Unto Higher Racial Attainments." 3—"The Sacrificial Offering of Saviors."

8:15 P. M.—Ceremonials by Rev. Dr. Gilman Beeler, Ambassador Hooper Mallet, Potentiary Guromano Gault. Subjects: 1—"A Study in Healing as Practiced by Essenes, Theraputists and Magis." 2—"Are Mental Deficiencies an Individual or a Social Crime?" 3—"Physical Deformities; Their Origin." 4—"Is Sickness an Individual or Collective Crime?"

SATURDAY, DECEMBER 29, 1917

- 11:00 A. M.—Service conducted by Mother Superior Auguste Hewitt, Rev. Mother Helen Pearce, Prior Mother Amelia B. Nackenhorst. Subjects: 1—"Mazdaznan, the First of All Collective Educational Institutions, Inspired by God and Revealed to Man." 2—"The Only Infallible Religion." 3—"The Goal No Greater Than the Source." 4—"The Mistakes of Ambition."
- 3:15 P. M.—Vesper Song by Mother Sandberg, Bessie Sunshine Groeschke, Gretchen Graichen. Subjects: 1—"Interventions Between Heaven and Hell." 2—"When the Son of Man Cometh Shall He Find Faith." 3—"The Path of the Adversary." 4—"Final Emancipation."
- 8:15 P. M.—Service by Grandma Ellen M. Shaw, Mother Maria Berliner, Tante Emma Herwig. Subjects: 1—"Non-Essentials to Religion or Salvation." 2—"Ceremonies and Rituals the Etiquette of Religious Order." 3—"The Symbolism of Nature and God." 4—"The Three Great Phases of Eternity."

SUNDAY, DECEMBER 30, 1917

- 11:00 A. M.—Pontificate conducted by Apostolicon Guromano, Secundus Hooper, Imam Doctor Gilman, Kalantress Maria. Subject: 1—"Why Mazdaznan Have No Belief." 2—Administration of the Holy Eucharist, consisting of Unfermented Bread and Fruit Juices.
- 3:15 P. M.—Vesper Song by Grandma Frances Reynolds, Dr. Bessie Kester, Gloria E. Bryan, Gertrude Reynolds-Beeler. Subjects: 1—"The Evolutionary Life Unto Perfection." 2—"Meatless Diet Conducive to Temperance and Abstinence." 3—"Fowlless and Seafoodless Dishes." 4—"Correspondences in Plant and Animal."
- 8:00 P. M.—Service conducted by Effie McKinnon-Miller, Ellen B. Hancock, Dr. Grace Russell, Theresa Brauckman. Subjects: 1—"The Power of Breath Upon Body and Mind." 2—"Postures and Thot on the Breath." 3—"Iranian and Egyptian Postures." 4—"Beauty and Health Breaths."

MONDAY, DECEMBER 31, 1917

- 11:00 A. M.—Service by Phillipus Ramus, Daddy Ellis, Father Tilton, Abbu Clementi, Daddy Walker. Subjects: 1—"Heathen Churches in Christianity; Their Rise and Fall." 2—"Apocalypse Revealed." 3—"The Round-Up and Wind-Up." 4—"Peace Without Victory, or Thus Spake Zarathushtra."
- 2:15 P. M.—Communion Table Service, conducted by the Young Peoples' Progressive Tie. Admission by pay card only.

Subject: "Why I live, and Why Now."

8:15 P. M.—SYLVESTER SERVICE, or New Year's Eve. Admission by card only. Full name must be presented to ushers. Cards and envelopes furnished if so desired. Service conducted by the Silent Brotherhood. The Call of the Desert—Recollection Mass—Candle Mass, invoking individual oracles according to the Zarathushtrian Law and Order—The Catholic Covenant—Paternal Confession—"O Lord, thine own repeneth"—Passing of the Mirror—"Where two lips meet the bitter turns to sweet; accept the gift, eyes gladly heavenward lift"—Just a word of statement—"Speak, or sing, or pray"—Watching the Last Breath—Striking the Midnight Hour—Lighting the Sacred Fire in the Mystic Urn—Reading of the Hieroglyphics—"The old has passed away; lo! and behold! I shall make all things new"—New Year's Greeting: "Happy New Year, success to you and good cheer!"—Serving of Pottage and Daily Bread by the Daughters of Rebecca and Pharoah, or the first meal of the New Year—Licking the plate for good luck for "Scientific Economy Opens the Path to Health and Wealth"—New Year's March.

MONDAY, JANUARY 1, 1918

11:15 A. M.—New Year's Pontificate by the Elect. Subjects: 1—"Smoothing the Path to Glory." 2—Kermess Joys. "May Thy Path be Ever Perfumed with the Sweet Smell of Delightful Blossoms."

3:15 P. M.—Vesper Song, conducted by the Ladies of the Sun-clothed Day. Subject: "Atonement of Nature, God and Man."

8:00 P. M.—Departure Service. Imparting of the Patriarchal Benediction. The Lucky Penny. Farewell Greetings.

ARRANGEMENTS COMMITTEE—Helen Pearce, Auguste Hewitt, Viola Tipton, Maria Berliner, Effie McKinnon-Miller, Theresa S. Hirschfeld.

COMMITTEE ON DECORATIONS—Eugene Roethle.

MUSICAL COMMITTEE—Theresa Brauckman.

ENTERTAINMENT COMMITTEE—Dr. Gilman Beeler, Kurt Graichen, Garvin Laurie, Richard Risse, Kenneth Woolson, Gayne Lindsay, Kenneth Hewitt, Leslie Walker, Julia Stern, Molly Carter, Muriel Mudgette, Gretchen Graichen, Constance Hilton.

RECEPTION COMMITTEE—Adelia Marsh-Mallet, Constance Cleopatra Hilton, Vahda Lindsay, Olive Drummond, George Engelke, W. Hubrich, Elmer Nagy, John Vinson, Harry Walker, Myron Tilton.

CULINARY COMMITTEE—Elizabeth Pigeon, Elizabeth Stuart, Anna Sandberg, Ruth Hilton, Ernest Weidenmuller, Rudolf Kroeger, Daddy Walker, J. J. Massey Sarah Morse, Irma Ruth, Beda Sampson, Leopold Mahr, Carl Remstedt, Agnes Ochs.

INFORMATION—Philip Ramus, Clemens Pfuetzner, Dr. B. Kester, Bruno Groeschke, Kurt Graichen, George Herwig, Dr. A. Thomas, Carl Holdorf.

TOASTMASTERS—General A. Conley, Colonel A. F. Gault, Sir Hooper Mallet, Charles Von Bibra, Dr. Gilman Beeler, W. A. Ochs.

USHERS—A. Pentek, A. Rossteuscher, Dr. H. M. Kuhl, Josef Kovacs, Josef Penzes, Alfred Seichter, Paul Kroeger, George Griesedick, Tony Iverson, George Krisan, Floyd Miller, C. E. Spurr, Gustav Volkmar, R. E. Pritt, Fred Broadleigh, Emanuel Almond, E. A. Marshall.

Cloak Rooms and Ladies' Rest Rooms—On second floor to the right of entrance.

Men's Rack and Walk—On second floor to the left of entrance.

Writing Rooms and Parlors—Front of second floor.

Auditorium and Platform with Dressing Rooms—Second floor to the rear.

Banquet Hall—First floor in front; separate entrance to right of building.

Kitchen and Engine Room—Rear of banquet hall.

Wash Room—To side of banquet hall and kitchen.

Nursery—Conducted by Mother MacConnell, Mother Duesler, Valesca Tabbelle, Geraldine Hancock, Gloria Rollins, Helen Boylan, Letitia Hall, Irma Ruth, J. R. Lanz, Eily C. Phillips, Mother Ellis.

Sylvester Night

Sylvester night will be celebrated at the Golden Gate Center, San Francisco, California. The young and those advanced in years look forward to that particular night, awaiting their own individual oracle. For this occasion several altars will be erected and candles placed before each and every oracle. According to the sparks in the flame, the envelopes presented are placed before the respective altars. After the mass the envelopes are collected, the corresponding oracles placed and sent to their owners.

For each member of the family send separate envelope with full name and address thereon to avoid error.

As this is an occasion to bring the annual offering each envelope is to contain the amount voluntarily prompted. It is customary to enclose not less than one dollar to each envelope. Be sure you send your envelope at least a week ahead, as no oracles can be given after that night.

Sylvester falls on December 31st, 1917.

Send envelopes and enclosure to the Master, care of Hooper Mallet, 1456 Polk Street, San Francisco, Cal., U. S. A. All letters are now three cents for postage. All other correspondence for the Master kindly address to P. O. Box 1854, Los Angeles, Cal., to insure safe delivery, as the Master is en tour and mail is forwarded to him. Sent to any other address delays mail.

The Triune Principle

A eugenic thot wave has it that one and one make three, while mathematically speaking this would seem wrong until we grasp the principle upon which the assertion is based.

Speaking of the human body therapeutically, we arrive at the same conclusion as the eugenicist, that where there is one another soon becomes associated therewith, while the third state immediately follows. Amorically, of course, the idea is that two is company and three is a crowd. But in this incident the third can be easily crowded out. Therapeutically, the crowding out is not quite so easy a matter. Here we deal with reflexes, sympathetics and affectations suggesting symptology in accordance with relation as to cause. It is for this very reason that therapeutists decided, "remove the cause and the effect ceases." In militarism the same principle could be as effectively applied, altho it is often as difficult to first locate and, second, to get hold of the cause.

As to the human form, three organic groups make up the constitution and one group alone can be the cause to chaos, while one of the other two will be drawn into reflex and the other sympathetically affected. By counter irritation we often lower the seriousness of a trouble and by stimulation increase the action of the one or the other side.

Here we reach the state where knowledge of the relation of the three great factors in the human constitution become an absolute necessity, lest by wrong diagnosis counter irritation or stimulation may be misapplied. Bearing in mind that three factors are dynamic, digestive or assimilative, and generative, and again that the dynamic corresponds to the intellectual the digestive to the physical, the generative to the spiritual, diagnosis will prove simple and with it prescription, as in prescribing reflex, sympathetics, and affectations are considered in their order.

Federation of Nations

The Society for the Promotion of the Federation of Nations meets in conclave at the Mazdaznan Hall, San Francisco, Cal., Thursday, December 27, 1917, at the hours of 11 A. M., 2:30 P. M. and 6 P. M. Excursion rates will be on at that time and many representatives are expected. This society is the only one of its kind expounding the science of geneological ties of the Twelve Tribes of the Aryan, or White race, defining the gradations of Progress, leading to final emancipation. It is not a Peace society, knowing only too well that there can be no gain without an equivalent in return, in which human life is the greatest of all sacrifice. For accommodations and reservations, address Nellie Wheelwright, 910 Third avenue, Los Angeles, Cal.

Some people have wit only when in a fit.

Yehoshua

(LIFE OF CHRIST)

With much gratitude to the source whence comes information we present our humble efforts and our joyous labors to our appreciative friends, one and all of whom have looked forward to this publication with great anticipation. We may safely say that of all the available matter on biblical themes our present volume surpasses any publication, giving information leading toward solutions of problems heretofore most perplexing to a student of Oriental philosophy, science or religion.

The work is complete in itself and offers subject matter that will hold the reader spellbound as well as sufficiently keen to arouse interest in its further study.

Discovering the Christ as He was in His Homeland and abroad, getting acquainted with His true nature as depicted by friend and foe, will add much in dispelling doubt and theological embellishments. Drawn nearer to Him will quicken our hearts and minds unto an interest most profitable to seekers after Truth. In the real, true, living Christ we will be able to unite believers and unbelievers, irrespective of creed, caste or color, and realize His second coming to the hearts of all mankind.

The volume consists of over 200 pages of solid reading matter, each page to overflowing with inspiration, information, revelation. Once read, the book will be re-read by the intelligent student, who will readily recognize in this volume a most valuable gem of useful knowledge. We want every one of our readers to possess this great volume. We want everyone, prompted, to give Christmas presents or opportune gifts, to decide in favor of "Yehoshua," and spread its circulation far and wide. "Yehoshua" should be in every private and every public library.

With blessings of the season.—*Rev. Dr. Otoman Zar-Adusht Hanish.*

Sermonettes

With Russia keeping the swamps from thawing, and Italy the passes from chawing, we shall have ample time to keep the wolf from our own door.

Whether it is the Kaiser that's a sticker, or whether it is the German people that stick to the Kaiser, is still as open a question as the open fire.

If people were taught to eat the whole of the wheat instead of patent flour bread we would not only save every other loaf but keep healthier and have less craving for corpse meats.

With each new advance our own ideas as to the present situation have to advance, while our interests change until we realize that there is no other way to gain an outlet through the thicket of a forest but by hewing down the brush in our way.

It is a great joy to see the carcass devourers squirm at the thought of a possible meatless diet. But why so uneasy when fish, oysters, clams and seafoods in general are crowding the market—a boon to our Jap friends who like the new turn in things—not because we love the Jap but because we are coming his way.

The conservation of wheat calls for the utility of all the wheat and not only the starchy parts of it. To deny oneself a portion which thereafter goes to the pig does not show economy unless the pig too has his wheatless days. Better use a little more science in food consumption and many perplexing problems will be solved.

The American people are being threatened with standing in line with a meat ticket awaiting their turn of having a slice of corpse doled out to them. With five meat days and two meatless (fish and oyster) days surely even the most bestial appetites should be appeased. Even lions have their meatless days, why not the brute!

Religion is neither negative nor positive, but *generative*.

The wages of sin is death, and the wage of waste is war.

A holy war to be a success must be directed by politics, ticks and tricks.

Whipping brings brute nature to time, while others are whipped into line.

The man who lives his life, tho unbeknown to others, is the real man.

In Peace some people prosper, in war others are "taking in the sheaves."

The men in public are targets to one another, and objects of discussion to their subjects.

The minds of men are like cane and easily switched and pitched wheresoever the wind bloweth.

Men who know need not blow; the man who blows does not know.

Religion is the *tie* that binds man to God unto consciousness, consequently all our thot, word and deed is accompanied by Infinite Intelligence unto construction.

Because Lillian Russel is said to allege that deep breathing will cure any malady, cotton mill editors ask if the airy fairy Lillian met Dr. Hanish. Evidently the citizen does not read the daily and Sunday editions of the Press, otherwise its editor would know that for the last twenty years the press, pulpit and plagiarists have copied the Mazdazman methods of breathing, exercise, diet and science of life so copiously that even a back-woods site has become quite conversant with the new mode of living. To cover up the tracks of plagiarism some of the modern scribes have gone to a great deal of expense printing treatises upon Mazdaznan subjects, dating them fifty to one hundred years back, showing them to a few of their dupes that they may have shining lights to testify to "the source."

Fireside Chats

It is a blessing that the people in general do not see how rapidly things are being socialized and Mazdaznanized. It's a case of victory without peace.

"Last, and most important, the people must be taught to save, and all unnecessary expenditures must be avoided. Thrift and economy must prevail."—Banker M. L. Schiff.

Economists of the socialistic or collectivistic school ought to be much pleased to see many of the principles of sound economy embodied in the present issue and have the government bare out the truth of social fundamentals, adopting them one by one.

It is being conceded that the sun temples erected 100,000 years ago point to civilization, owing to the fact that such structures, resembling our skyscrapers, required knowledge, education and skill. This being true, bears out the rise and fall of civilization, with intervening centuries, suggesting utter change in the *modus operandi* introductory to a new civilization.

The question is repeatedly asked as to whether the Germans could not take matters into their own hands the same as the Russians? Perhaps they could if they would, since "where there's a will, there's a way," but as long as the Kaiser spells *Will-I-am* he is conscious of *I-am-Will*. He has but one opponent, and that is a *son*. The scriptures point to a time when the father's *will* shall be defamed by his *son*, altho in this instance it may take many years. If Tolstoi's prophesy can be relied upon, and John the Revelator saw aright, we may have the pleasure of being entertained for ten long and weary years.

Some society women actually have an idea that the old men left behind may take liberty flirting with the bloom of maidenhood, thus exercising freedom. Maybe so, but it should be remembered that birds of like feather only flock together.

TABLE OF CONTENTS, VOLUME XVI

A	
ADVENT	425
AGE, THE MAGIC.....	199
AHURA MAZDA.....	18
ANNIVERSARY, AN EVENTFUL.....	381
AUTHORITY OF GOD IS GREATEST.....	460
B	
BANQUET, MOTHERS'.....	307
BANQUET, THE GOLDEN GATE.....	419
BEAUTY WITHIN, THE.....	343
BEGINNING OF THE END, THE.....	140
BE STILL AND KNOW.....	354
BREAD, SCIENTIFICALLY PREPARED.....	36
BREATH AND BREATHING.....	38
BREATHING CURES, DEEP.....	70
BREATH IS LIFE.....	224
BREATHING, SCIENTIFIC.....	154
BREATH AND BREATHING.....	38, 463
CHANGE IN BOARD OF DIRECTORS.....	463
C	
CHEER, A MESSAGE OF.....	250
CHRISTMAS, THE ADVENT.....	444
CONSERVATION, FOOD.....	427
D	
DAY, LOOK TO THIS.....	170
DAY, THE NINETEENTH.....	356
DEPARTURE OF ALICE WOODBRIDGE.....	380
DIAGNOSIS AND HEALING, 3, 51, 91, 131, 171, 211, 251, 331, 371, 411, 381,	450
DISILLUSIONED	381
DOCTORS ENEMIES OF PROGRESS, TOO MANY.....	60
DOMINION OF THE LORD, THE.....	410
DR. BEELER'S SUCCESS.....	194
DEDUCTIONS SELF-EVIDENT.....	466
E	
EASTER DAY, MY.....	146
EUGENICS	16
EXODUS, LECTURE ON THE.....	346
EXPLANATION, AN.....	184
EVENTIDE MUSINGS.....	466
F	
FAMINE, ON FOOD.....	147
FEDERATION OF ALL NATIONS.....	2, 119, 240, 257, 375 480
FEDERATION THAT WANES.....	387
FIRESIDE CHATS.....	37, 74, 106, 162, 200, 308, 440, 484
FLAG, THE PEACE.....	191
FORTY-FIVE CENTS A WEEK.....	261, 302, 417
FORTY-FIVE CENTS A WEEK SIMPLE LIFE FOR ME.....	264
FOOD DEMONSTRATION.....	464
G	
GAHANBARS AND THEIR SIGNIFICANCE, THE GREAT.....	233
GAHANBAR, SEMI-ANNUAL, PROGRAM.....	475

GAHANBAR, MID-SUMMER.....	215
GAHANBAR OF GAHANBAR, THE.....	291
GAHANBAR, WINTER.....	403, 445
GOD MADE MANIFEST.....	24
H	
HALLOWEEN	473
HINTS OF THE SEASON, 32, 76, 122, 157, 192, 228, 283, 321, 363, 391, 430, 467	467
HISTORY OF THE SOCIETY FOR THE PROMOTION OF THE FEDERATION OF NATIONS.....	256
HOME TALK.....	34, 71, 108, 149, 186, 225, 278, 323, 358, 397, 432, 471
HOME RECEPTION.....	469
HEALING COURSE OF 1917.....	454
HEARTS' DESIRE, THE.....	460
I	
IMPORTANT TO KNOW.....	426
IT WAS EVER THUS.....	301
J	
JOKE, A.....	255
JUST ONE WORD.....	470
K	
KINGDOM COME, THY.....	376
L	
LATTER DAYS, THE.....	152
LIFE FOR ME, THE SIMPLE.....	182
LOVE, (A POEM).....	330
M	
MAZDAZNAN GROWS.....	223
MAZDAZNAN, HISTORY OF.....	195
MAZDAZNAN NOW THE PASSWORD.....	39
MAZDAZNAN, PREACHES OF.....	117
MAZDAZNAN STATEMENT	313
MAZDAZNAN THE MOMENTUM.....	394
MAZDAZNAN, WHAT IS.....	20
MAY, THE TWENTY-THIRD.....	180
MEMORIAL COLUMN.....	144
MEMORY, SWEET.....	130
MENUS FOR FEBRUARY, SOME.....	62
MENUS FOR MARCH, SOME.....	120
MENU, THE DAILY.....	422
MIND, THE POWER OF.....	222
MONEY, THE USE OF OUR GOOD.....	185
MUSINGS, EVENTIDE.....	241, 297
MUSINGS, IDLE.....	258, 322
MYSELF	210
N	
NOTHING NEW.....	144
NINETEEN-SEVENTEEN	461
O	
OFFICERS INSTALLED AT ROCHESTER.....	181
ONLY WAY, THE.....	103
ORACLE FOR 1917.....	66
OURSELVES, AMONGST... 40, 78, 114, 155, 242, 277, 318, 361, 400, 435	435

P

PATET, A MAZDAZNAN.....	50
PATET, AN AVESTAN.....	377
PEACE, LET THERE BE.....	145
PEACE WITHOUT VICTORY, A.....	383
PHILOSOPHY OF LIFE, THE.....	415
PREPAREDNESS, EMERGENCY, EFFICIENCY.....	431

R

REALIZATION, THE MEANS OF.....	378
REJECTED BUT NOT CRUSHED.....	148
REVERIE	290
rites of Dr. D. R. Wilder, Last.....	339

S

SCRAPS	28
SERMONETTES.....17, 59, 100, 139, 179, 218, 259, 298, 344,	482
SHEEP	317
SILENCE, THE MOMENT OF.....	304
SMATTERINGS	316, 388
SPURS AND ANGLES.....	384
STAR, THE MORNING.....	370
SURPRISES	269
SYLVESTER EVE.....	90
SYLVESTER NIGHT.....	478

T

TALKS, TOWN.....	231
THOUGHTS, THE POWER OF.....	22
THOUGHTS, PERTINENT.....	306
TIMES CHANGE, AS.....	19, 102
TIMES, SIGNS OF THE.....	424
TOLERANCE AND RESPECT.....	268
TROUBLES, OVERCOMING.....	21
TRIUNE PRINCIPLE, THE.....	479
TABLE CONTENTS, VOLUME XVI.....	485

U

UNCOOKED FOODS.....	29
---------------------	----

V

VICTORY MUST ME WITHOUT HUMILIATION.....	230
--	-----

W

WAVES, THOUGHT.....	151, 217, 314
WHATEVER IS, IS BEST.....	221
WHAT WE ALL LONG FOR.....	105
WHO STARTED IT.....	20
WHY AM I HERE.....	336
WHITE MAN'S BURDEN, THE.....	458
WOMAN TO TAKE PART IN FEDERATION OF NATIONS.....	454

Y

YEHOShUA	442, 481
----------------	----------

Z

ZEPPelINS	121, 227
ZORORASTER, AN APOSTLE OF.....	142

X

XMAS MUSINGS.....	465
-------------------	-----

ELECTRIC HYGIENIC FOOD SHOP

1456 Polk St., SAN FRANCISCO, CAL.

Order your Xmas fruit cakes now. Packed in oil paper and a specially made box to fit the cake. Why go to the trouble of making fruit cakes when we make them according to the Mazdaznan Cook Book? We make them in two sizes, 50 cents and one dollar. We grind our own flour and nothing but the best the market affords is used.

We are now ready to ship our bread and cookies to any part of the Western range. Send *One Dollar* and we will mail you an assortment of our goods. You will be delighted and pleased, so much so that you will send us an order every week.

We make goods for the dyspeptic, rheumatic, gouty, diabetic, anaemic, the nervous and the consumptive, as well. Leave it to us to make the pick. We have a special cookie for children, and a breakfast food that meets every requirement. Why bother about baking when we can do it cheaper and better. Our bran bread is highly recommended. We have asked the Master to inspect our place, and he claims to have never seen anything better.

ADELIA MARSH-MALLET, Proprietor.

MOTHER ST. CATHARINE REJUVENATING OILS

This picture does not do justice to "Toodles," as engravings do not print well on soft, rough paper. Enameled paper only should be used. Still our idea in presenting "Toodles" is to let you know that we have a preparation you want, need and must have if you are to spare yourself annoyances. True, we live in an age of innovations and inventions. Still, there are some things the Ancients knew of better than we do. This is one of the things they understood. It is a blend of three oils. Brought from India where for centuries it has been used with success. Prevents the pain and discomfort caused by the strain on ligaments, makes pliant and elastic those fibers and muscles which Nature is expanding. Prevents numbness of limbs, soothes inflammation of breast glands, and in case of expectant mothers dispels fear that the crisis may not be safely met. Prevents rashing and chapping. State rights open for Brazil, Peru, Argentine, Jamaica. Circular on request. Write for agent's prices, or send 50 cents for 4-oz. bottle.

KATHERINE MACDONALD COMPANY
Hotel New Vendome, Seattle, Wash., U. S. A.

MAZDAZNA

¶ Dr. Max Muller, recognized as the world's greatest orientalist, says that Mazdaznan is the religion that stands above all other religions.



¶ Jesus the Nazarite, Savior unto the Aryan White Race, holds with Mazdaznan that there is no authority greater than God and no religion higher than truth.

MAZDAZNAN

Waste not thy life in letters of
dispute;

Argument is death to the voice
of Truth.

Of creeds and of beliefs de-
bate with none,

As saints to savage turn and
men to brute.

—*Omar Khayyam.*

6 1917
Vol. 16

February, 1917

No. 2

MAZDAZNAH

Master-Phot



More Light

Issued monthly by the

Mazdaznan Press

LOS ANGELES-CALIFORNIA-U.S.A.

\$1 A YEAR

BY COPY, 10¢.

Read the Great Oracle for 1917
Given in this Issue



M A Z D A Z N A N

St. Augustine, one of the most renowned and authoritative of the church fathers, says:

“What is now called the Christian religion has existed among the ancients and was never absent from the beginning of the human race until Christ came in the flesh.

“From that time on, the true religion which had already existed began to be called Christianity.”



Vol. 16

March, 1917

No. 3

MAZDAZNAH

Master-Phot



More Light

Issued monthly by the

Mazdaznan Press

LOS ANGELES-CALIFORNIA-U.S.A.

\$1 A YEAR

BY COPY, 10¢.

A Trip to the Land of Pre-Historic Splendors
Dr. Beeler Delivers Message at Rochester



M A Z D A Z N A N

“What is now called the Christian religion has existed among the ancients and was never absent from the beginning of the human race until Christ came in the flesh.

“From that time on, the true religion which had already existed began to be called Christianity.”

—St. Augustine, one of the most renowned and authoritative of the church fathers.

Vol. 16

December, 1917

No. 12

MAZDAZNAH

Master-Who



More Light

Issued monthly by the

Mazdaznan Press

LOS ANGELES-CALIFORNIA-U.S.A.

\$1 A YEAR

BY COPY, 104.

The White Man's Burden
Semi-Annual Gahanbar Program

ARE YOU READY FOR CHRISTMAS?

We have decided to make special offers and give everybody an opportunity to fill their medicine chest at minimum prices. We will prepay postage, which as you know has increased and cuts the profits to a low margin.

With every *Two Dollar* order, we will add any 50c article free.

With every *Three Dollar* order, any One Dollar article free.

With every *Five Dollar* order, goods to the value of \$1.50 free.

Almond Oil, pure French, 50c.

Beauty Cream, Dr. Haish's famous, 50c.

Cynoleo, for women, \$2.00.

Charcoal, for indigestion, 25c.

Curry Powder, 50c.

Eliminator, best for children, 6 oz. bottle, \$1.00.

Essence Vegetable, the emergency bottle, \$1.00.

Eucalyptus, 2 oz. bottle, \$1.00; 4 oz. \$1.75.

Oleum Eucalyptum (Hot Oil), \$2.00.

Ganoleo, for men, \$2.00.

Hair Tonic, 6 oz. bottle, \$1.00. Incense, 50c.

Mempher, for men and women, \$1.00.

Needles, Resuscitator, \$5.00.

Petrolatum Liquidum (Russian), constipation, assimilation, 75c.

Purgator, drastic laxative, 50c.

French Perfume, \$1.00.

Mazdaznan Pins and Buttons, \$1.00.

Permanganate of Potash, 25c.

The season for Hot Dishes is here! Our *Royal Curry Powder* is made strictly after the Mazdaznan recipe, of freshly ground spices. Use freely in rice and other grain and vegetable dishes. Will prove of great remedial value and heal consumption. In airtight tins, 50c.

Children with poor assimilation and inclined to colds and catarrh, find quick relief by taking Eliminator for 21 days. It works charms; sweet to the taste; 6 oz. bottle, \$1.00.

Eucalyptus, Mempher, Olyntol and Petrolatum will do wonders now and save you much discomfort.

Vegetable Essence all pain does arrest,

While Nature eradicates and does the rest.

In neuralgia, toothache, earache, etc., use one-half teaspoonful of Vegetable Essence to one teaspoonful of alcohol, and one-half tumblerful of hot water, and churn in mouth. Repeat every three hours if necessary.

Write for list to

ARYANA LABORATORY,
P. O. Box 1376, LOS ANGELES, CALIF.

LOS ANGELES ADVERTISEMENTS

A real Musical Instrument; not a toy; not sold in music stores during advertising campaign.

THE UNIVERSAL HARP

Queen of All Stringed Instruments

A combination of Mandolin, Guitar, Zither and Harp

SOLD ON EASY WEEKLY PAYMENTS

All Music Self-Instructive. No Teacher or Previous Knowledge of Music Required. Can be played Alone to Sing With, or Together with any Other Musical Instrument.

UNIVERSAL SUPPLY HOUSE
P.O.Box 1713, Los Angeles, Cal.

MAZDAZNAN:

Write a Personal Letter to DR. P. NICK, MGR., for Special Price on the Harp

Prophylactic Dentistry

H. M. KULL, Specialist Dental Prosthodontics
M. N. PUTNAM, Specialist Dental Surgery

Suite 605 Exchange Bldg.

N. E. Cor. Third and Hill

Home Phone F 425

LOS ANGELES, CALIFORNIA

Mazdaznan Congregation

(Harbor Stronghold)

327 SO. HILL STREET

ROYAL ARCANUM BLDG.

LOS ANGELES, CALIF.

Regular meetings held on
Sundays at 11 a.m.

Wednesdays at 8 p.m.

Fridays at 8 p.m.

DR. HILTON'S No. 3

NOT A MEDICINE BUT A

**Remedy to Prevent
Diseases of the
Membranes**

Essential in colds, influenza, etc.

PREVENTS PNEUMONIA

DR. HILTON'S SPECIFICS

258 Rogers St. Lowell, Mass.

A. F. GAULT

CONNECTED WITH

A. F. GAULT TRUST CO.
MONTREAL, CANADA

Real Estate Insurance Finance

Business and inquiries
solicited

Branch office, 910 Third Ave.

Home Phone 73239

LOS ANGELES, CAL.

CONTROL

The Slogan of the Day

Correct disorders of the digestive and the alimentary; assist the eradication of germs, bacteria, etc.

Ask your druggist, or send \$1 to

OLIVE CONTROL CO.

San Francisco, Calif.

or 605 Exchange Bldg.

Los Angeles, California.

XMAS OFFERS

Following an old custom we will by no means take advantage of the soaring prices in material and labor, rents and taxes, but retain our liberality and meet the high cost of living with a Mazdaznan smile.

1 Health and Breath Culture . . .	\$5.00	\$6.50
1 Encyclopedia and Cook Book . . .	2.00	
1 Avesta In Song, either No. 1 or 2	1.30	
5 Encyclopedia and Cook Book . . .	\$10.00	\$7.00
Sent to five different addresses		
2 Avesta In Song, either No. 1 or 2	\$2.60	\$2.00
Sent to two different addresses		
12 Annual subscriptions to Mazdaznan	\$12	\$10.00
Sent to twelve different addresses		
1 Copy Life of Christ, de Luxe edition		\$5.00
Absolutely no discounts		
3 Health and Breath Culture . . .	\$15.00	\$15.00
3 Encyclopedia and Cook Book . . .	\$6.00	
6 Avesta In Song	\$7.80	\$5.00
Either No. 1 or No. 2, or assorted		

These prices hold good only when remittance is sent to

MAZDAZNAN PRESS

Box 1854

LOS ANGELES, CAL., U. S. A.

Qon-j
4m